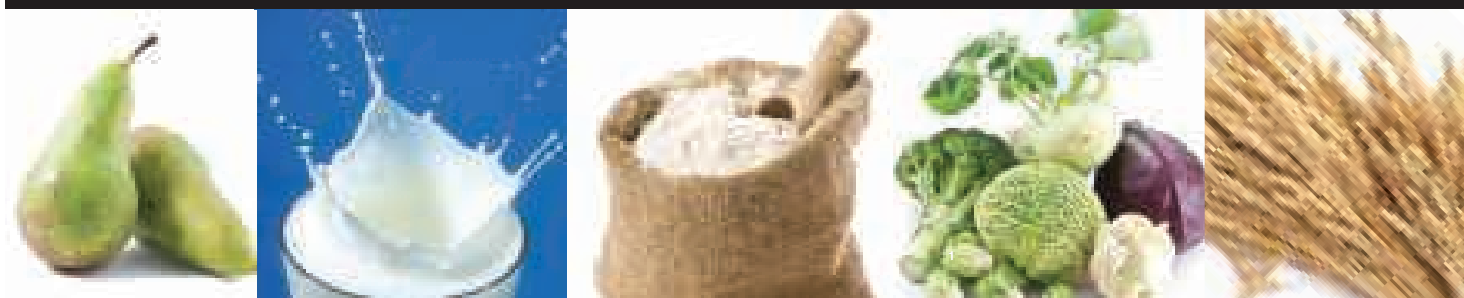




Food Intolerance Support Guide

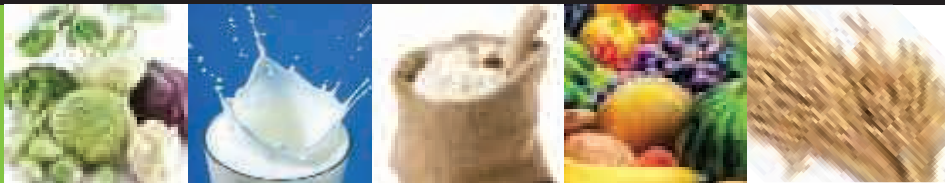


feel better again

Cambridge Nutritional Sciences



Food Intolerance Support Guide



Introduction

This booklet is designed to give you advice about how to successfully change your diet based on the results of your Food Intolerance Test.

Our aim is to provide the information you need to help you get back on the road to better health.

For best results it is important that you read through this booklet thoroughly and plan your food carefully prior to starting your new diet. We strongly recommend that any significant changes to your diet are carried out under the supervision of a suitably qualified nutritionist or dietician. This will ensure that you are eating a healthy, balanced diet and includes all essential nutrients.

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Food Intolerance



Food Intolerance

What is a Food Intolerance?

Food intolerance (also known as food sensitivity) can result from your body reacting adversely to certain foods. Often the foods we include regularly in our diet or the foods we crave may be the ones causing the problem. Food intolerance symptoms may be due to several factors – an enzyme deficiency, for example in lactose intolerance; sensitivity to certain chemicals, for example amines in chocolate and red wine can cause migraines; or an IgG immune response as indicated by your test results.

Research has shown that food intolerance can be linked to IgG antibodies raised by your immune system when you eat certain foods¹. Under normal circumstances these antibodies form complexes with proteins in the food. These complexes are then eliminated by your immune system without any ill-effects. If the immune or digestive systems are compromised, these complexes may be deposited around the body causing inflammation and can result in a wide range of symptoms such as fatigue, IBS, bloating, migraine or obesity. So your body sees the food as a “problem” food. Symptoms can last for several days or longer and are often intermittent, making it difficult to identify which foods your body is struggling to deal with. Food intolerance should not be confused with food allergy.

Testing for Food Intolerance

By taking a small, finger-prick blood sample, it is possible to measure food-specific IgG antibodies in your blood. Your IgG antibody readings are shown in your personal Food Intolerance Test results.



How to use this Guide

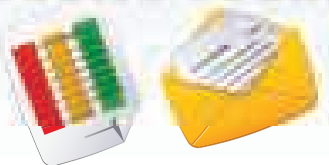
This booklet explains how to interpret your results and how to plan your new diet. It will help you to identify which foods to avoid and provide ideas for alternatives. It will guide you in monitoring your diet and symptoms and will also help with the re-introduction of foods when your health has improved.

The following flow diagram shows the main steps involved..

1. Dietary advice based on food specific IgG results
Geoffrey Hardman, Gillian Hart, University of York, Heslington, York, UK Nutrition and food science vol 37 no 1 2007 pp16-23

I've done the Test... What do I do with my results?

Receive results



Read...

Report and Covering Letter

Interpret



Read...p8-10

Interpreting your Test Results

Identify



From your report...

ELEVATED Foods to **Avoid**
BORDERLINE Foods to **Reduce**
NORMAL Foods to **Enjoy**

Plan your diet



Read...

Planning your Diet ...**p11-106**

Food Directory ...**p13-19**

The Importance of a
Healthy, Nutritious Diet ...**p107-118**

Monitor



Read...p120

Monitoring your Diet & Symptoms

Re-introduce



Read...p122

Re-introducing Foods

Avoid new intolerances



Read...p124

Avoiding new Food Intolerances





Interpreting your **Test Results**



Interpreting your Test Results

You have been tested against all of the foods listed in your report. As you can see, each food is listed in the red, yellow or green column. Each colour indicates the strength of your body's immune reaction to each food.

If you are experiencing adverse symptoms and your test is showing raised IgG antibodies to certain foods, this may indicate an intolerance to these foods. Removing them from your diet for at least 3 months may result in an improvement of symptoms. After this time it should be possible to reintroduce foods slowly back into your diet without suffering further symptoms.

Your Food Intolerance Test results are shown as **ELEVATED**, **BORDERLINE** or **NORMAL** and the concentration of IgG antibodies (in U/ml) is shown in brackets after each food.

The following will guide you through your dietary changes:

ELEVATED	BORDERLINE	NORMAL
Indicates a strong antibody reaction to that particular food.	Indicates a lower antibody reaction to that particular food.	Indicates no significant reaction to that particular food.
<p>You should eliminate these foods for at least 3 months. Substitute other foods listed in the NORMAL column and the relevant food section. For example, if your test indicates you are intolerant to wheat then cut out wheat and replace with a variety of oats, rye bread, quinoa and brown rice (as long as none of these are in the ELEVATED column) to ensure you are still obtaining a wide variety of nutrients in your diet.</p> <p>NB If there are no foods in the ELEVATED column, then the BORDERLINE foods should be avoided for 3 months</p>	<p>You should reduce and rotate these foods for at least 3 months to avoid an increase in intolerance.</p> <p>To rotate foods, you need to eat them no more than once every 4 days. For example, to rotate wheat, you could have wheat bread on day 1; oat cakes on day 2; corn bread on day 3; rye bread on day 4; durum wheat pasta on day 5 etc. Choose alternative foods from the green NORMAL column and the relevant food section (found in Planning your Diet). Ensure these foods are not listed in the ELEVATED column.</p>	<p>These foods can be eaten without restriction, unless you already know of specific foods that have previously caused a reaction. In such cases, you should continue to avoid them as this reaction could be due to a non-immune mechanism.</p>

Important points to note

4. • It can be difficult to eliminate many **ELEVATED** foods at one time. You may find it easier to:
 - completely avoid the top 4 or 5 foods showing the highest antibody concentrations
 - reduce and/or rotate the remaining foods showing lower antibody concentrations.
 - You may feel worse for a few days after eliminating a food. This is your body dealing with the changes and any negative effects should disappear within a few days.
 - Most people experience an improvement in symptoms within 3 to 6 weeks.
 - It is essential that if you cut out a food group, eg milk, you obtain nutrients found in this food eg calcium from other foods (see **Vitamins and Minerals**).
 - Do not eliminate one food and substitute solely with another food as you are likely to build intolerance to that food. For example, if you cut out wheat (eg from *Weetabix*) at breakfast, do not swap to porridge oats every day. Instead, vary your breakfast and include, for example, muesli, scrambled egg or baked beans on alternate days.
 - If you have been avoiding a food for more than 3 months then it is likely to show **NORMAL**.
 - Some people react to other members of the same food family. There is an increased risk unless you have been tested for the foods and have shown no reaction. Please check the **Food Directory** under each food group for individual listings.
 - Many people have experienced greatest improvement when completely eliminating the reactive foods. However, do not worry if you cannot completely eliminate the food or you need to break your diet for a day or two. Just start again as soon as you are able to.
 - If, after changing your diet according to your test results, no improvement has been achieved, then food IgG intolerance may not be the cause and it is recommended that you consult a qualified practitioner.
 - The CNS IgG Food Intolerance Test does not test for classical allergies which involve the production of IgE antibodies. **If you know you have a classical allergy you should continue to avoid that food regardless of these test results.**
- Gliadin is a protein found in gluten which is present in the grains of wheat, barley and rye. Due to the nature of our Food Intolerance Test, gliadin is tested separately from these grains. If your test shows a positive response to gliadin, we advise that you avoid wheat, barley and rye containing foods even if these grains are in the **NORMAL** column of your report.



Before you change your diet

Nutrition and health go hand in hand and there are some standard rules you should follow before you change your dietary regimen.

- If you have a medical condition, are pregnant or on medication it is advisable to discuss your proposed dietary change with a health professional eg a doctor, nutritionist or dietician
- Plan and organise your meals in advance as much as possible. By collecting recipe ideas using your **NORMAL** foods and shopping ahead you are less likely to struggle with what to eat
- Know the range of foods you can eat. While you may be intolerant to a few foods, there will be many un-reactive foods that you should be free to eat. Rather than concentrate on what you can't eat, it is often more positive to concentrate on all the good things you can eat ie those in the **NORMAL** column
- Continue to avoid a food if you have evidence that it is having an effect on you, even if it is negative in your Foodprint test
- Recognise what food products contain your reactive foods. Many ready-made meals and sauces contain a variety of ingredients that you may not have necessarily associated with the product, so it is important to always check the labels
- Vary your foods as much as possible. Choose a variety of different coloured fruit and vegetables daily; include different proteins such as scrambled egg for breakfast, tuna salad for lunch and chicken casserole for evening meal. By eating a variety of foods, you increase the range of important vitamins and minerals in your diet and decrease the risk of intolerance to any single food
- Any change in diet and removal of certain foods or food groups needs to be managed carefully to ensure the correct intake of nutrients for good health. We recommend that you follow the information in this booklet and either consult a qualified nutritional therapist in your area or contact us for further advice (see **Useful Contacts**)



Planning **Your Diet**



Planning your diet

This section provides information about each food listed in your Food Intolerance Test results and is divided into the groups listed in your personal report:

Dairy	Herbs/Spices
Eggs	Meat
Fish/Seafood	Nuts
Fruit	Vegetables
Grains	Soya
Wheat	Yeast
Gluten	Others

If you have any foods listed as **ELEVATED** or **BORDERLINE** in your Food Intolerance Test results, you will need to avoid or rotate these foods for at least 3 months, as described in **Interpreting your Test Results**, unless advised otherwise by a nutritionist or healthcare professional.

Most foods are relatively straightforward to eliminate from your diet and you simply replace them with another food from the **NORMAL** list of your results. Some people may react to other foods in the same food family as the reactive foods and in order to help with planning your diet, a Food Directory lists all food groups including food families.

However, there are certain foods that are more difficult to eliminate from the diet, as they are widely used on a daily basis and are found in many foods. These foods are **wheat, gluten, dairy, eggs, soya** and **yeast**. For each of these foods, there is further information provided in those sections, to help you plan your diet, which includes:

- **Eating and Cooking without....**
- **Foods to avoid**
- **What to look for on foods labels**
- **Alternative foods to eat**
- **Useful cooking tips**
- **Meal Ideas**
- **Recipe Ideas**
- **Grocery List**

Good luck with planning your new diet!

A word cloud of various food categories including Herbs & Spices, Others, Dairy, Meats, Fruits, Seafood, Grains, Nuts, Eggs, Vegetables, and Food. The word 'Food' is in white and 'Directory' is in green, both in a large, bold font.

Food Directory

The following table includes all the foods that you have reacted to in your Food Intolerance Test.

Identify your ELEVATED foods and refer to the relevant Food Group section for information on Eating and Cooking without, Reading Ingredients labels, Alternative foods, Shopping lists, Recipes and Menus.

Some people react to other members of the same food family. Unless your test has shown no reaction it is suggested that you avoid these foods also.

	Food	Food Family	Others in the Food Family
Dairy	Alpha-lactalbumin		Major protein in milk ie cow, goat, sheep and buffalo milk
	Beta-lactoglobulin		Major protein in milk ie cow, goat, sheep and buffalo milk
	Buffalo's milk	Bovid	Cow, goat, sheep
	Casein		Major protein in milk ie cow, goat, sheep and buffalo milk
	Cow's milk	Bovid	Goat, sheep, buffalo
	Goat's milk	Bovid	Cow, sheep, buffalo
	Sheep's milk	Bovid	Cow, goat, buffalo
Eggs	Egg white	Pheasant	Peafowl, quail, partridge
	Egg yolk	Pheasant	Peafowl, quail, partridge
Fish / Seafood	Anchovy	Anchovy	None known
	Bass	Bass	Perch (white), yellow bass
	Carp	Minnow	Chub
	Caviar	Sturgeon	Sturgeon
	Clam	Mollusc	Abalone, cockle, mussel, oyster, scallop, snail, squid, octopus
	Cockle	Mollusc	Abalone, clam, mussel, oyster, scallop, snail, squid, octopus
	Cod	Codfish	Haddock, hake, pollock
	Crab	Crustacean	Lobster, crayfish, prawn, shrimp
	Cuttlefish	Mollusc	Abalone, clam, cockle, mussel, oyster, scallop, snail, squid, octopus
	Eel	Eel	None known
	Haddock	Codfish	Hake, cod, pollock
	Hake	Codfish	Haddock, cod, pollock
	Herring	Herring	Shad
	Lobster	Crustacean	Crab, crayfish, prawn, shrimp
	Mackerel	Mackerel	Anglerfish
	Monkfish	Goosefish	Tuna, bonito
	Mussel	Mollusc	Abalone, clam, cockle, oyster, scallop, snail, squid, octopus
	Octopus	Mollusc	Abalone, clam, cockle, oyster, scallop, snail, squid
	Oyster	Mollusc	Abalone, clam, cockle, mussel, scallop, snail, squid, octopus
	Perch	Perch	Red snapper
	Pike	Pike	Pickrel
	Plaice	Flounder	Flounder, halibut, sole, turbot
	Salmon	Salmon	Trout
	Sardine	Sea herring	Herring, pilchard
	Scallop	Mollusc	Abalone, clam, cockle, mussel, oyster, snail, squid, octopus
	Sea Bream	Sea Bream	Red sea bream, bream, porgy, sheepshead, scup
	Shrimp/Prawn	Crustacean	Lobster, crab, crayfish
	Sole	Flounder	Flounder, halibut, plaice, turbot
	Squid	Mollusc	Abalone, clam, cockle, mussel, oyster, scallop, snail, octopus
	Swordfish	Swordfish	Swordfish
	Trout	Salmon	Salmon
	Tuna	Mackerel	Mackerel, bonito
	Turbot	Flounder	Flounder, halibut, plaice, sole
Fruit	Apple	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond
	Apricot	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond
	Avocado	Laurel	Bay leaf, cinnamon, sassafras
	Banana	Banana	Plantain
	Blackberry	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond
	Blackcurrant	Saxifrage	Currant, gooseberry
	Blueberry	Heather	Cranberry, wintergreen
	Cherry	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond

	Food	Food Family	Others in the Food Family
Fruit	Cranberry	Heather	Cranberry, wintergreen
	Date	Palm	Coconut, sago, palm, palm cabbage
	Fig	Mulberry	Mulberry, breadfruit, hop
	Grape	Grape	Raisin, sultana, tartar (cream of)
	Grapefruit	Citrus	Citron, lemon, lime, mandarin, orange, tangerine
	Guava	Myrtle	Allspice, cloves, eucalyptus
	Kiwi	Kiwi	None known
	Lemon	Citrus	Grapefruit, citron, lime, mandarin, orange, tangerine
	Lime	Citrus	Grapefruit, citron, lemon, mandarin, orange, tangerine
	Lychee	Soapberry	Soapberry
	Mango	Cashew	Cashew, pistachio
	Melon	Gourd	Courgette, cucumber, gherkin, pumpkin, squash, watermelon
	Mulberry	Mulberry	Fig, breadfruit, hop
	Nectarine	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond
	Olive	Olive	None known
	Orange	Citrus	Grapefruit, citron, lemon, lime, mandarin, tangerine
	Papaya	Pawpaw	Pawpaw, custard apple
	Peach	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond
	Pear	Rose	Apple, crabapple, rosehip
	Pineapple	Pineapple	None known
	Plum	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond
	Pomegranate	Pomegranate	None known
	Raisin	Grape	Grape, sultana, tartar (cream of)
	Raspberry	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond
	Redcurrant	Saxifrage	Blackcurrant, currant, gooseberry
	Rhubarb	Buckwheat	Buckwheat, sorrell
	Strawberry	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond
	Tangerine	Citrus	Grapefruit, citron, lemon, lime, mandarin, orange
	Tomato	Nightshade	Aubergine (eggplant), paprika, pepper, cayenne, pepper, chilli, pepper, potato, sesame, tahini, tobacco, pimento
	Watermelon	Gourd	Courgette, cucumber, gherkin, melon (honeydew), pumpkin, squash
Grains	Barley	Grass	Wheat, corn, millet, rice, oats, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt
	Buckwheat	Buckwheat	Rhubarb, garden sorrel
	Corn/maize	Grass	Wheat, barley, millet, rice, oats, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses
	Couscous	Grass	Wheat, barley, corn, millet, rice, oats, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses
	Durum wheat	Grass	Wheat, barley, corn, millet, rice, oats, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses
	Flax Seed	Linen	Flax, linseed
	Gliadin (gluten)		Collective term for some forms of protein found in wheat, rye, barley and spelt
	Malt	Grass	Wheat, barley, corn, millet, rice, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses
	Millet	Grass	Wheat, barley, corn, malt, rice, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses
	Oat	Grass	Wheat, barley, corn, malt, rice, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses

	Food	Food Family	Others in the Food Family
Grains	Quinoa	Goosefoot	Spinach, wild spinach, swiss chard, beet/sugar beet, lambs quarters
	Rice	Grass	Wheat, barley, corn, millet, oats, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses
	Rye Flour	Grass	Wheat, barley, corn, millet, rice, oats, wild rice, molasses brown cane sugar, bamboo, sorghum, spelt
	Spelt	Grass	Wheat, barley, corn, millet, rice, oats, rye, wild rice, brown cane sugar, bamboo, sorghum, molasses
	Transglutaminase		Tissue transglutaminase – an enzyme associated with Coeliac Disease. If elevated, seek advice from a medical professional.
Wheat	Wheat	Grass	Barley, corn, millet, rice, oats, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses
	Wheat bran	Grass	Wheat, barley, corn, millet, rice, oats, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses
Herbs / Spices	Aloe vera	Aloe	None known
	Aniseed	Aniseed	None known
	Basil	Mint	Bergamot, lavender, lemon balm, marjoram, mint, oregano, rosemary, sage, thyme
	Bayleaf	Laurel	Avocado, cinnamon, sassafras
	Camomile	Composite	Artichoke, chicory, dandelion, endive, lettuce, safflower, salsify, tarragon
	Cayenne	Nightshade	Aubergine (eggplant), paprika, pepper, chilli pepper, potato, sesame, tahini, tobacco, tomato
	Cinnamon	Laurel	Avocado, bay leaf, sassafras
	Clove	Myrtle	Guava, allspice, eucalyptus
	Coriander (leaf)	Carrot	Angelica, carrots, celery, celeriac, caraway, celery seed, cumin, dill, fennel, parsley, parsnips
	Cumin	Carrot	Angelica, carrots, celery, celeriac, caraway, celery seed, coriander, dill, fennel, parsley, parsnips
	Curry (mixed spices)	Miscellaneous	Coriander, turmeric, cinnamon, paprika, garlic powder, onion powder, cumin, ginger, mustard seed, pepper, cardamom, chilli pepper, cloves, nutmeg
	Dill	Carrot	Angelica, carrots, celery, celeriac, caraway, celery seed, coriander, cumin, fennel, parsley, parsnips
	Garlic	Lily	Asparagus, chive, leek, onion, shallot
	Ginger	Ginger	Arrowroot, cardamom, turmeric
	Ginkgo	Ginkgo	None known
	Ginseng	Ginseng	Panax Ginseng
	Hops	Mulberry	Breadfruit, fig
	Liquorice	Legume	Bean, alfalfa, lentil, pea, peanut, senna, soya, tapioca, carob
	Marjoram	Mint	Basil, bergamot, lavender, lemon balm, mint, oregano, peppermint, rosemary, sage, thyme
	Mint	Mint	Basil, bergamot, lavender, lemon balm, marjoram, oregano, peppermint, rosemary, sage, thyme
	Mustard seed	Mustard	Broccoli, Brussel sprouts, cabbage, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, radish, rapeseed, turnip, watercress
	Nettle	Nettle	None known
	Nutmeg	Nutmeg	Mace
	Parsley	Carrot	Angelica, carrots, celery, celeriac, caraway, celery seed, coriander, cumin, dill, fennel, parsnips
	Peppercorns	Pepper	Black pepper, white pepper

	Food	Food Family	Others in the Food Family
Herbs / Spices	Peppermint	Mint	Basil, bergamot, lavender, lemon balm, marjoram, mint, oregano, rosemary, sage, thyme
	Red chilli	Nightshade	Aubergine (eggplant), paprika, pepper, cayenne pepper, chilli pepper, potato, sesame, tahini, tobacco, tomato
	Rosemary	Mint	Basil, bergamot, lavender, lemon balm, marjoram, mint, oregano, sage, thyme
	Saffron	Iris	None Known
	Sage	Mint	Basil, bergamot, lavender, lemon balm, marjoram, mint, oregano, peppermint, rosemary, thyme
	Tarragon	Composite	Artichoke, camomile, chicory, dandelion, endive, lettuce, safflower, salsify
	Thyme	Mint	Basil, bergamot, lavender, lemon balm, marjoram, mint, oregano, peppermint, rosemary, sage
	Vanilla	Orchid	Orchid
Meat	Beef	Bovid	Buffalo, cow, goat, sheep, ox
	Chicken	Pheasant	Peafowl, pheasant, quail
	Duck	Duck	Goose
	Horse	Equine	Donkey, zebra
	Lamb	Bovid	Buffalo, cow, goat, ox
	Ostrich	Ostrich	None known
	Ox	Bovid	Beef, buffalo, cow, goat, sheep
	Partridge	Grouse	Grouse
	Pork	Swine	Pig, wild boar
	Quail	Pheasant	Chicken, peafowl, pheasant, partridge
	Rabbit	Hare	Hare
	Turkey	Turkey	None known
	Veal	Bovid	Beef, buffalo, cow, goat, sheep, ox
	Venison	Deer	Caribou, elk moose, reindeer
	Wild Boar	Swine	Pig
Nuts	Almond	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond
	Brazil	Brazil	Paradise nut, sapoucia, anchovy pear
	Cashew	Cashew	Mango, pistachio
	Coconut	Palm	Palm cabbage, date, sago
	Hazelnut	Birch	Filbert
	Macademia Nut	Macadamia	None known
	Peanut	Legume	Bean, alfalfa, lentil, liquorice, pea, senna, soya, tapioca, carob
	Pine Nut	Cashew	Cashew, mango, pistachio
	Pistachio	Cashew	Cashew, mango, pine nut
	Tiger nut	Tiger nut	None known
	Walnut	Walnut	Butternut, pecan, hickory, black walnut, English walnut
Vegetables	Amaranth	Beet	Beet, chard, spinach, sugar beet, quinoa
	Artichoke	Aster	Artichoke, camomile, chicory, dandelion, lettuce, sesame seed/oil, sunflower seed/oil, tarragon
	Asparagus	Lily	Chive, garlic, leek, onion, shallot
	Aubergine	Nightshade	Paprika, pepper, cayenne pepper, chilli pepper, potato, (egg plant) sesame, tahini
	Bean (broad)	Legume	Alfalfa, lentil, liquorice, pea, peanut, senna, soya, tapioca, carob
	Bean (green)	Legume	Alfalfa, lentil, liquorice, pea, peanut, senna, soya, tapioca, carob
	Bean (red kidney)	Legume	Alfalfa, lentil, liquorice, pea, peanut, senna, soya, tapioca, carob
	Bean (haricot)	Legume	Alfalfa, lentil, liquorice, pea, peanut, senna, soya, tapioca, carob
	Beetroot	Beet	Beet, chard, spinach, sugar beet, quinoa

Food	Food Family	Others in the Food Family
Broccoli	Mustard	Brussel sprouts, cabbage, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, radish, rapeseed, turnip, watercress
Brussel sprout	Mustard	Broccoli, cabbage, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, radish, rapeseed, turnip, watercress
Cabbage	Mustard	Broccoli, Brussel sprouts, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, radish, rapeseed, turnip, watercress
Cabbage (red)	Mustard	Broccoli, Brussel sprouts, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, radish, rapeseed, turnip, watercress
Caper	Caper	None known
Carrot	Carrot	Angelica, celery, celeriac, caraway, celery seed, coriander, cumin, dill, fennel, parsley, parsnips
Cauliflower	Mustard	Broccoli, Brussel sprouts, cabbage, Chinese leaves, cress, horseradish, kale, kohlrabi, mustard, radish, rapeseed, turnip, watercress
Celery	Carrot	Angelica, carrots, celeriac, caraway, celery seed, coriander, cumin, dill, fennel, parsley, parsnips
Chard	Beet	Beet, spinach, sugar beet, quinoa
Chickpea	Legume	Bean, alfalfa, lentil, liquorice, pea, peanut, senna, soya, tapioca, carob
Chicory	Aster	Artichoke, camomile, chicory, dandelion, lettuce, sesame seed/oil, sunflower seed/oil, tarragon
Cucumber	Gourd	Courgette, gherkin, melon (honeydew), pumpkin, squash, watermelon
Fennel	Carrot	Angelica, carrots, celery, celeriac, caraway, celery seed, coriander, cumin, dill, parsley, parsnips
Gourd	Gourd	Courgette, cucumber, gherkin, melon (honeydew), pumpkin, squash, watermelon
Leek	Lily	Asparagus, chive, garlic, onion, shallot
Lentil	Legume	Bean, alfalfa, liquorice, pea, peanut, senna, soya, tapioca, carob
Lettuce	Aster	Artichoke, camomile, chicory, dandelion, lettuce, sesame seed/oil, sunflower seed/oil, tarragon
Marrow	Gourd	Courgette, cucumber, gherkin, melon (honeydew), pumpkin, squash, watermelon
Onion	Lily	Asparagus, chive, garlic, leek, shallot
Pea	Legume	Bean, alfalfa, lentil, liquorice, peanut, senna, soya, tapioca, carob
Peppers (mixed)	Nightshade	Aubergine (eggplant), paprika, cayenne pepper, chilli pepper, potato, sesame, tahini, tobacco, tomato
Potato	Nightshade	Aubergine (eggplant), paprika, pepper, cayenne pepper, chilli pepper, sesame, tahini, tobacco, tomato
Radish	Mustard	Broccoli, Brussel sprouts, cabbage, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, rapeseed, turnip, watercress
Rocket	Mustard	Broccoli, Brussel sprouts, cabbage, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, radish, rapeseed, turnip, watercress
Shallot	Lily	Asparagus, chive, garlic, leek, onion
Soya Bean	Legume	Bean, alfalfa, lentil, liquorice, pea, peanut, senna, tapioca, carob
Spinach	Beet	Beet, chard, sugar beet, quinoa
Sweet potato	Yam	Yam

	Food	Food Family	Others in the Food Family
Vegetables	Turnip	Mustard	Broccoli, Brussel sprouts, cabbage, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, radish, rapeseed, watercress
	Watercress	Mustard	Broccoli, Brussel sprouts, cabbage, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, radish, rapeseed, turnip
Others	Yucca	Spurge	Cassava
	Agar agar	Algae	Seaweed
	Cane sugar	Grass	Barley, corn, millet, rice, oat, rye, wild rice, bamboo, sorghum, wheat, spelt, molasses
	Carob	Legume	Bean, alfalfa, lentil, liquorice, pea, peanut, senna, soya, tapioca
	Chestnut	Beech	None known
	Cocoa Bean	Stericular	Chocolate, cola bean/nut
	Coffee	Madder	None known
	Cola nut	Stericular	Chocolate, cocoa
	Honey	Miscellaneous	Bee pollen, royal jelly
	Mushroom	Fungi	yeast
	Rapeseed	Mustard	Broccoli, Brussel sprouts, cabbage, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, radish, turnip, watercress
	Sesame seed	Aster	Artichoke, camomile, chicory, dandelion, lettuce, sesame seed/oil, sunflower seed/oil, tarragon
	Sunflower seed	Aster	Artichoke, camomile, chicory, dandelion, lettuce, sesame seed/oil, sunflower seed/oil, tarragon
	Tapioca	Spurge	Castor bean
	Tea	Tea	Black tea, green tea
	Yeast	Funghi	Baker's yeast, brewer's yeast, mushrooms





Dairy

Planning Your Diet



Eating and Cooking **without Dairy**



If your results have shown an **ELEVATED** reaction to milk it is recommended that you avoid or reduce your consumption of cow's milk and cow's milk products.

Milk is an important source of protein, calcium and vitamins including A, D & B complex. If you are giving up cow's milk, it is important that these nutrients are obtained from alternative food sources.

Please note that people who are intolerant to cow's milk may, in some cases, develop an intolerance to sheep or goat's milk when used as substitutes.



Foods to avoid

Dairy is found in many foods such as:

- Milk, milk shakes
- Cheese
- Butter, spreads
- Custards, puddings, sauces, yoghurt, fromage frais, ice-cream, cream
- Baked goods (cakes, doughnuts, waffles, scones, biscuits, pancakes)
- Instant mashed potato, creamed soup, ready meals, processed meats and sausages, gravy
- Packet snacks, chocolate, confectionery
- Bread, pizza
- Chocolate, confectionary
- Ready meals
- Processed meats, sausages
- Soups

What to look for (and avoid) on food ingredient labels:

- Butter, butter oil
- Casein, caseinate, calcium caseinate
- Cheese
- Cream, light cream
- Demineralised whey
- Beta-lactoglobulin
- Alpha-lactalbumin
- Fat replacement
- Non-fat milk
- Milk powder, skimmed milk powder
- Milk solids, non-fat milk solids
- Whey, sweet whey powder

Note: Dairy/cow's milk may be hidden in many foods and so it is important to always read the food ingredient labels carefully before purchase.

Refer to **Food Directory – Dairy; Dairy-Free meal ideas** and **Websites for free-from foods**



Alternative foods to eat and useful tips for dairy-free baking

There are many alternative dairy-free foods available such as:-

- **Milks** – Oat milk, rice milk, soya milk, quinoa milk, pea milk, coconut milk, nut milks such as almond or cashew (if no risk of allergic reaction)
(eg Oatly, Rice Dream, Kara). Some people can tolerate other animal milks, however sheeps, goat's and buffalo milks contain similar proteins to cow's milk, and can cause similar reactions, therefore these milks should be consumed cautiously
- **Butter** – dairy free and vegan spreads (eg Pure, Biona, Suma); nut spreads, tahini, cold pressed olive oil, coconut oil
- **Cheese** – soya cheese; Rice slices
(eg Redwood, Toffutti, Bute Island)
- **Yoghurts** – soya, oats (eg Provamel, Sojade)
- **Ice-creams** – soya, oat, rice
(eg First Glace, Oat Supreme)
- **Cream** – soya, oat, cashew, almond
(eg Oat Supreme)
- **Fromage frais** – soft tofu (eg Biona, Blue Dragon)
- **Chocolate** – dairy free chocolate
(eg Plamil, Organica, Divine)
- **Mayonnaise** – dairy-free mayonnaise (eg Plamil)



Protein, calcium and vitamins

You can ensure a rich source of protein, calcium and vitamins A, D and B complex by consuming a variety of other foods such as soya, cod liver oil, sardines, whitebait, salmon (with small bones), nuts, red meat, fresh fruit and vegetables (especially green leafy vegetables such as spring greens, watercress, spinach and broccoli), rhubarb, figs, mushroom, oranges, apricots, prunes, pumpkin seeds, sesame seeds, lentils and legumes.

Note: calcium is water soluble – ideally vegetables should be steamed or boiled in a little water which can be used in soups, gravy and sauces.

Dairy-free manufactured products

Manufacturers and supermarkets produce a list of own brand products that are free from cow's milk. These are available free of charge on request from customer services or can be downloaded from their website. They will help you identify which foods are safe to eat and should make your diet more interesting and nutritious. Formulations change regularly - **always check the label!**

Useful tips for substituting dairy-free products in recipes:

- Do not add soya milk to boiling drinks as it tends to curdle
- Grate soya hard cheeses on the fine part of the grater as they do not always melt very well
- Use plain dairy-free yoghurts (eg soya) or coconut milk to make curries, raita, stroganoffs, creamy sauces and dips
- Egg white replacer can be used to make dairy-free whipping cream (eg Allergycare, Orgran)
- Use a dairy-free melting cheese (eg Melting Cheezly™) on pizza, cheese on toast, and lasagne
- Use a dairy-free Cheddar style (eg Sheese™) to make cheese sauces. Using a microwave will save it sticking to the bottom of the saucepan (*which also works for dairy-free custard and porridge*)
- Use soft dairy-free cheese and sour cream in dips, cheesecakes and other savoury and sweet sauces
- Tofu (*also known as bean curd*) is a mild-tasting product made from soya beans. There are different types and the firm sort are best for savoury dishes such as quiches, whilst the softer, silken tofu works better in desserts such as mousses and cheesecakes

Dairy-free Meal ideas

BREAKFASTS

Poached, boiled or scrambled egg on toast* (with dairy-free spread eg *Pure*, *Suma*, *Biona*) ● Pancakes and dried fruit conserve (made with soya, rice or oat milk) ● Wheat-free Muesli (with soya yoghurt eg *Provamel* or rice milk eg *Rice dream*) ● Mushroom omelette and tomatoes (made with oat milk eg *Oatly* or rice milk eg *Rice dream*) ● Smoked haddock with mushrooms, tomatoes and toast (with dairy-free spread eg *Pure*, *Suma*, *Biona*) ● Cornflakes or Rice Krispies with sliced banana, yoghurt or milk (eg *Provamel*, *Kara*, *Oatly*, *Darifree*) and raisins ● Fruit salad with mixture of nuts, seeds or millet flakes ● Dairy free yoghurt (eg *Sojade*, *Provamel*) with nuts, fruit, seeds or honey ● Rice cakes or crackers with peanut butter, sesame spread or jam ● Porridge oats (with water or oat milk eg *Oatly* or rice milk eg *Rice dream*), honey and chopped fruit ● Pancakes made with soya, rice or oat milk with bananas, nuts, and soya yoghurt (eg *Provamel*) ● Porridge Oats or Millet Flakes with dried fruits, strawberries, rice milk and soya yoghurt ●

LUNCHES

Home-made soup (with dairy free cream or milk if required, eg *Oat supreme*, *Oatly*) ● Jacket potato and salad with a filling such as dairy-free spread/cheese (eg *Bute Island*, *Redwood*, *Toffutti*, *Pure*), baked beans, tuna, prawns or sweetcorn ● Turkey or chicken breast/ slices and mixed salad (with dairy-free mayonnaise eg *Plamil*, *Granovita*) ● Noodles and stir-fry vegetables with cashew nuts ● Beans on toast* ● Crackers or rice-cakes with dairy-free cheese (eg *Redwood*, *Bute Island*, *Toffutti*), tomato, hummus ● Greek salad with dairy-free cheese (eg *Redwood*, *Bute Island*, *Toffutti*) ● Rice or quinoa salad with sultanas, almonds, walnuts, cashew nuts, sunflower seeds, or sesame seeds (with balsamic or French dressing) ● Avocado and prawn salad (with dairy-free mayonnaise (eg *Plamil*, *Granovita*) ● Pizza with dairy-free cheese ● (eg *Redwood*, *Toffutti*) and mixed salad ● Homemade pizza (with polenta base) and green salad ● Corn Pasta (eg *Orgran*, *Dietary Specials*) salad with chicken, mayonnaise (eg *Plamil*, *Granovita*), sweetcorn and mixed green leaves ●

DINNERS

Broccoli and cauliflower cheese (made with soya, rice or oat milk with dairy-free cheese) with a jacket potato and mixed salad ● Roast chicken breast with roast potatoes, vegetables, Yorkshire Puddings (made with soya milk eg *Sojade*, *Provamel*, *Granovita*) ● Fresh grilled sardines and green salad ● Stir-fry vegetables with chicken, nuts, beans or *Quorn* with rice or rice noodles ● Poached salmon with parsley sauce (eg made with oat or rice milk eg *Oatly* or *Rice Dream*), new potatoes, broccoli, green beans ● Corn tacos with mince or beans with dairy-free sour cream (eg *Tofutti*), guacamole or salsa and a salad ● Salmon quiche (eg made with oat or rice milk eg *Oatly* or *Rice Dream*) ● Chilli con carne with brown rice or rice noodles ● Vegetable Lasagne made with dairy free cheese and milk (eg *Oatly*, *Rice Dream*, *Provamel* soya milk, *Redwood cheddar*) ● Grilled mackerel or trout and almonds with mixed salad ● Stir-fried chicken with cashew nuts in a coconut milk sauce (with ginger, chilli and turmeric) with stir-fried vegetables and brown rice ● Prawn risotto with brown rice or quinoa with asparagus, beans, mushrooms, parsley ●

SNACKS

Fresh fruit and handful of nuts eg brazils or almonds ● Dried fruit, nuts and seeds ● Raw vegetable crudites with hummus, taramasalata or guacamole ● Dairy-free yoghurt (eg *Provamel*, *Sojade*) ● Rice cakes (eg *Kallo*) or Cornthins (eg *Real foods*) with sliced bananas, sesame spread, peanut butter or sugar-free jam ● Rye crispbreads (eg *Ryvita*) with topping as for rice cakes ● Flapjack made with dairy free spread (eg *Pure*) Scones, biscuits, cakes made with dairy free spreads (eg *Pure*, *Suma*) ● Fruit salad ● Oatcakes (eg *Nairns*) with guacamole or mushroom pate ● *9Bar Wholebake* sesame and carob high protein snack ● Instant Miso soup with toasted rye bread ●

*For Dairy free breads look at Genius, Orgran, Ener-G, Livwell, Proceli, Tesco, Sainburys, Waitrose, Sainsbury's and Asda free-from foods

Dairy-free Recipes

Dairy-Free Lasagne

Ingredients:

For the meat filling:

- **1 large onion** chopped into small chunks
- **1 clove of garlic** finely chopped
- **1 tube of tomato puree**
- **½ pint of boiling water**
- **450g beef mince** (*this can be substituted with quorn mince for vegetarians*)
- **Handful of chopped fresh basil** (*optional to taste*)
- **Salt and pepper to season**
- **Optional:- Chopped mushrooms, courgettes, peppers or carrots can also be added if required**
- **Optional:- Grated dairy-free cheese** (*eg Redwood*) **for top of lasagne**

For the white sauce:

- **570ml soya milk** (*or rice or oat milk*)
- **50g plain flour**
- **50g dairy free spread** (*eg Pure or Soya spread*)
- **1 packet of wholewheat pasta sheets** (*or egg pasta sheets or spinach pasta sheets depending on taste*)

Preparation:

1. Preheat oven to 190°C/350°F/Gas mark 4
2. Heat a little oil in a large frying pan on a medium heat, once hot enough add the chopped onions and garlic and keep stirring until tender.
3. Add the minced beef to the onions and garlic and keep stirring until the minced meat is cooked through.
4. Add the tomato purée, boiling water and fresh basil and optional chopped vegetables. Stir until all the tomato purée is stirred in evenly, add salt and pepper to season then reduce to a lower heat and leave stirring occasionally whilst making the white sauce.
5. In a separate pan on a medium heat, pour in the soya milk (or rice or oat milk) and the dairy free spread. Add the flour through a sieve whilst stirring.
6. Keep stirring the white sauce slowly until it starts to thicken. Once thickened remove from the heat.
7. Assemble the lasagne by starting with a layer of minced beef on bottom of baking dish.
8. Add a layer of pasta.
9. Cover the pasta with a layer of white sauce.
Repeat stages 7, 8 and 9 with another 3 layers.
10. Sprinkle top with grated dairy-free cheese (optional).
11. Put lasagne on a middle tray of the oven and bake for 35-45 minutes until the top of the lasagne has started to go light brown.





Scones

Ingredients:

- 225g plain flour
- 1 tbsp baking powder
- 50g dairy-free spread (eg Pure)
- 50g caster sugar
- 1 egg, beaten
- 75ml soya milk
- 50g sultanas or raisins
- 1 beaten egg, to glaze

Preparation:

1. Preheat oven to 220°C/425°F/Gas mark 7. Lightly butter a baking sheet.
2. Sift the flour and baking powder together, and mix in the caster sugar.
3. Rub in the butter.
4. Make a well in the centre of the flour mixture, add the egg, sultanas and milk and mix to a soft dough using a round-bladed knife.
5. Turn out the scone dough onto a floured surface, and knead very lightly until smooth.
6. Roll out the dough to a thickness of about 2cm.
7. Cut out 8-10 circles using a fluted cutter.
8. Transfer to the baking sheet, brush with egg, then bake for about 8 minutes until risen and golden.
9. Cool slightly on rack before serving with dairy-free spread and jam.

Strawberry Ice-Cream

This strawberry ice cream is substantially healthier than traditional cream-and-egg based varieties and it is incredibly easy to make. Xanthan Gum can be found at most health food shops.

Ingredients:

- 2 cups plain unsweetened soya milk
- 1 tsp xanthan gum
- $\frac{2}{3}$ cup honey
- 2 cups strawberries, either fresh or frozen (thawed, if frozen)

NB 1 cup = 250 mls

Preparation:

1. In a blender, combine 1 cup of the soya milk and the xanthan gum, pulsing for about one minute until the mixture is thick. Add the remaining 1 cup soya milk and the honey, blending until combined. Add the strawberries, blend until smooth, pour the mixture into a flat nonstick metal pan and place it in the freezer for one hour.
2. After an hour, return the mixture to the blender and process until creamy. Return to the pan and place in the freezer for another hour. Repeat this once more, then return the pan to the freezer for at least 2 hours or overnight before enjoying.

Serves 4 to 6





Herb Omelette with creamy mushrooms

Ingredients:

- 4 eggs
- 35g/1½ oz dairy-free spread (eg Pure)
- 2 heaped tbsp chopped mint leaves
- 2 heaped tbsp chopped basil leaves
- 2 tbsp olive oil
- 150g/5oz mushrooms, cut into quarters
- 200g/7oz soya yoghurt
- Sea salt and freshly ground black pepper

Preparation:

1. Beat the eggs in a bowl, then season lightly with salt and pepper.
2. Heat the dairy-free spread in a 20cm/8 inch heavy based frying pan, making sure the base is well covered in the hot fat.
3. Pour the egg mixture into the pan and sprinkle over half the chopped mint and basil. As the egg begins to set, keep lifting the edges gently and tilting the pan to let the uncooked egg trickle underneath.
4. After 5-6 minutes the base of the omelette will be golden and top almost set, but still soft.
5. Meanwhile, heat the oil in a large heavy-based saucepan. Add the mushrooms and cook over a medium heat for 3-4 minutes, stirring frequently.
6. Using a whisk or hand-held electric blender, blend the yoghurt. Turn the heat down to low, pour the yoghurt into the pan, add the remaining herbs and season lightly with salt and pepper.
7. Gently cook the mixture for 2-3 minutes, making sure not to cook it for too long as the yoghurt may curdle.
8. When the omelette is just set, tilt the pan away from you and, using a spatula, carefully fold it in half.
9. Leave it to stand for 30 seconds, then cut into 2 portions. Serve immediately with the creamy mushrooms.

Serves 2

Grocery List for Dairy-Free Diet

Many foods contain **Dairy** so it is always important to read the ingredient labels carefully before purchase

Fruit and Vegetables

Lettuce / Mixed leaves

Tomatoes

Avocado

Radish

Beetroot

Onions

Cabbage

Mushrooms

Peas

Sweetcorn

Broccoli

Cauliflower

Garlic

Carrots

Green beans

Sweet potatoes

Baking potatoes

Oranges/satsumas

Strawberries

Raspberries

Blueberries

Bananas

Apricots

Frozen fruit

Dried fruit

Meat, Fish and Alternatives

Chicken

Turkey

Beef (occasional)

Wild game

Fresh fish – cod, haddock, tuna, salmon, mackerel, trout

Tinned fish – pilchards, salmon, sardines, tuna (occasionally)

Prawns

Eggs

Tofu

Beans and Pulses

Kidney/haricot/pinto/cannellini/

aduki/black-eye/butter beans

Mixed organic beans (tinned is fine)

Chickpeas (add to soups & salads)

Lentils (mix with rice)

Organic baked beans

Dairy and Dairy Alternatives

Almond/rice/coconut/oat milk

Soya milk and yoghurts

Organic Dairy-free spread

(eg Pure, Biona)

Tofu

Soya “cheese”/rice slices

(eg Redwood, Toffuti)

Dairy-free cream (eg Toffuti)

The following may be eaten in moderation but cannot be tolerated by all:

Feta / Mozzarella

Goat / Sheep milk

Natural bioyoghurt

Rice and Pasta

Wholewheat or spelt pasta

Basmati or brown rice

Buckwheat pasta or brown rice pasta (eg Orgran)

Brown rice spaghetti (Waitrose)

Rice or buckwheat noodles

Quinoa

Spaghetti

Bread and Snacks

Seeded or Granary bread

Dairy-free seeded or granary

Bread (eg Genius, Orgran, EnerG, Proceli, Tesco, Sainsbury's, Waitrose, Asda)

Rye or Pumpnickel bread

(eg Sunnyvale rye bread, Village Bakery Borodinsky bread)

Bread & multigrain buns

(eg Livwell)

Oatcakes (eg Nairns)

Rice Cakes Ryvita – seeded or plain Multigrain Corn Thins (eg Realfoods)

Snacks

Dips – hummus, guacamole

Raw nuts – brazils, almonds, cashew, pecans, walnut

Raw seeds – pumpkin, sunflower, sesame, flax/linseed

Peanut butter (eg Whole Earth)

Bounce Protein Balls

Wholebake 9Bar snacks

Fruit conserve

Dressings – dairy free, mayonnaise (eg Plamil, Granovita), olive oil & balsamic vinegar

Breakfast cereals

Homemade muesli (oats, rye and barley flakes, buckwheat flakes, rice flakes, flaked coconut, raisins, dried dates, pumpkin & sunflower seeds, nuts)

Porridge or millet

(warmed with dairy-free milk)

Oatibix

Cornflakes / Rice Crispies /

Shreddies

Doves Farm Rice &

Buckwheat Cereal

Drinks

Fruit juice – orange, apple, tomato

WATER

Smoothies (eg Innocent)

Herbal teas – peppermint, fruit tea

Caffeine-free (eg Rooibosch)



Eggs

Planning Your Diet



Eating and Cooking without Eggs

If your results have shown an **ELEVATED** reaction to eggs it is recommended that you avoid or reduce your consumption of eggs and egg proteins.

Eggs are an excellent source of protein and provide significant amounts of calcium, iron, zinc and B vitamins. However, eggs are not an essential part of your diet as there are many other commonly consumed foods that provide equivalent nutritional value.



Foods to avoid

Eggs can be found in many foods such as:

- Omelettes, quiches
- Cakes, biscuits, sweets, meringues, ice-cream, custard
- Steamed pudding, pancakes, crepes, cheesecakes, pavlova, crème caramel
- Pasta, noodles
- Chinese rice and soups, some sushi
- Yorkshire puddings, anything coated in batter, some foods coated in breadcrumbs
- Mayonnaise, tartar sauce, horseradish sauce, lemon curd, salad dressings
- Scotch eggs, gala pie, hash browns, some potato products, ready meals
- Fresh bakery goods may not be labelled so check the ingredients with the baker

Note: There are many foods that contain eggs and it is important to always read the food ingredient labels carefully before purchase.

What to look for (and avoid) on food ingredient labels:

- | | | |
|---------------|-------------------|---------------|
| • Albumin | • Egg powder | • Egg protein |
| • Egg white | • Egg yolk | • Dried egg |
| • Frozen egg | • Globulin | • Livetin |
| • Ovalbumin | • Ovaglobulin | • Ovamucin |
| • Ovovitellin | • Pasteurised egg | • Vitellin |

Alternative foods to eat and useful tips for egg-free baking

There are many egg-free foods available such as:

- **Pasta made from corn, rice, quinoa or buckwheat**
(eg Biofair, Goodness Direct, supermarkets free-from range)
- **Rice or buckwheat noodles**
(also known as soba)
- **Plain boiled or fried rice**
(eg brown basmati rice)
- **Clear soup or broth**
- **Egg free mayonnaise**
(eg Granovita, Plamil)
- **Egg-free snacks** (eg crisps, rice cakes, corn thins, rye crispbreads)
- **Fresh fruit, stewed fruit, crumble, soya ice-cream, sorbet, custard**
(eg Birds)
- **Home-made cakes made using egg replacer**
(eg Allergycare, Orgran)
- **Jams, jelly marmalade, glaze icing**

Egg-free manufactured products

A wide variety of egg-free speciality products including cakes, biscuits, desserts and ready meals are now available at supermarkets, chemists and the internet. Many of these companies will also provide an 'egg-free' product list on request from the customer service department or their website.



Refer to **Food Directory – Eggs; Egg-free meal ideas** and **Websites for free-from foods**



Egg-free baking:

There are many foods that can be used as a substitute to egg that will provide variety to your meals and essential nutrients. Eggs perform a different function in different dishes, so you may need a **different egg substitute**, depending on the dish:-

- **As a leavening/raising agent** – in a cake, for example, the eggs serve as a leavening/raising agent, helping to make the cake light and fluffy.
- **As a binder** – in baked goods such as biscuits, cookies and muffins, the eggs add moisture and bind all ingredients together.
- **As main part of dish** – if you're looking to substitute eggs in a quiche or a mayonnaise, where eggs are a major part of the dish, then tofu is a good alternative to mimic the consistency of the eggs.

As a general rule, the fewer eggs a recipe calls for, the easier they will be to substitute. So, for example if a biscuit/cookie recipe calls for one egg, using an egg substitute will work much better than in a recipe that requires three or four eggs. It is also necessary to consider how the substitute will affect the overall taste of the finished dish. Bananas, for example, may add a welcome hint of fruity sweetness to pancakes and cookies, but may not be a good idea in casseroles or other savoury dishes!

Here are a few of the most useful egg substitutes (ie per egg):

- **Chickpea (gram) flour** – 1 tablespoon chickpea or soya flour and 1 tablespoon water
- **Arrowroot** – 1 tablespoon arrowroot, 1 tablespoon soya flour and 2 tablespoons water
- **Shortening** – ½ tablespoon shortening (such as butter), 2 tablespoons flour, ½ teaspoon baking powder and 2 teaspoons water
- **Tofu** – 50g tofu blended with the liquid portion of the recipe. Tofu is the best way to substitute eggs in dishes such as a quiche, fritatta or egg salad. The texture of silken tofu or crumbled regular tofu is surprisingly similar to boiled or cooked eggs when used in a recipe instead of eggs and, by adding a bit of mustard or turmeric to your dish will also look similar too! It is sometimes necessary to adjust other ingredients in the recipe when replacing with tofu, so it may be advisable to find a recipe with tofu if possible, rather than just replacing the eggs.
- **Banana** – Mash or blend half a banana to use as an egg replacer in baked goods such as muffins, pancakes or yeast-free breads, such as pumpkin bread and banana bread.

Tip: Adding ground flax seeds to any recipe adds Omega-3 fatty acids to the recipe! You can buy ground flax seeds in healthfood shops or larger supermarkets.

- **Applesauce** – 25g/1oz apple sauce can also be used in baked goods such as muffins and pancakes. Bananas and applesauce have a similar consistence to eggs, however they will not help your recipes to rise or turn out light and fluffy, so you may need to include a bit of baking powder or baking soda too.
- **White sauce** – 50ml white sauce can be used for binding as in baked goods.
- **Mashed potatoes / bread crumbs** – For vegetarian loaves or burgers, used mashed potatoes, fine bread crumbs, cooked rice or oatmeal, or tomato paste to bind ingredients.
- **Silken tofu** – blend 25g/1oz silken tofu with liquid ingredients until tofu is smooth and creamy. While it won't alter the flavour of a recipe, using tofu as an egg substitute will make baked goods a bit on the heavy and thick side, so it works well in brownies and pancakes. It will not work so well in a cake recipe (such as Victoria Sandwich) that needs to be light and fluffy.
- **Agar powder** – agar powder can be used in recipes that require egg whites. For each egg white, dissolve 1 tbsp plain agar powder in 1 tbsp water. Whip, chill and whip again.
- **Flax seed** – Use 1 tbsp ground flax seed simmered in 2–3 tbsp water. Great for pancakes, breads, and other baking.
- **Egg substitutes** – commercial options (such as *Ener-G*, *Allergycare*, *Orgran*) are incredibly versatile and easy to use and are available in most health foods and larger well-stocked supermarkets. They are made from soy protein, potato starch and/or tapioca starch. Some recipes may need additional moisture when replacing eggs using commercial egg replacers so it may be necessary to compensate with an extra tablespoon of water or soya milk (**in addition to the instructions on the packet**). Commercial egg replacers are relatively flavourless and work best in baked goods, such as biscuits, muffins and cakes. They can also be used to bind ingredients together in a vegan casserole or loaf. It is important to read the labels carefully as some brands may contain egg whites.

Other tips for raising agents when eliminating eggs:

- **Use self-raising flour**
(gluten-free if gluten is elevated)
- **Increase quantities of oil and baking powder**
- **Add baking powder** - 2 heaped teaspoons baking powder per cake
- **Try vinegar and baking soda** -
 $\frac{3}{4}$ teaspoon bicarbonate of soda and 1 dessertspoon of cider vinegar can be used in instead of baking powder
- **Sieve flour and dry ingredients**, then gently fold in the liquid to trap air

Egg-free Meal ideas

BREAKFASTS	<p>Pancakes and bananas or strawberries (made with egg replacer <i>eg Allergycare, Orgran</i>) ● Muesli with yoghurt or milk and fruit ● Baked beans on toast ● Scrambled tofu on toast (see recipes) ● Cornflakes or Rice Krispies with sliced banana, dried fruits, yoghurt or milk ● Fruit salad with mixture of nuts, seeds or millet flakes ● Natural yoghurt with nuts, fruit, seeds or honey ● Bacon, tomatoes and baked beans ● Mushroom omelette and tomatoes (made with omelette egg-free mix <i>eg Allergycare</i>) ● Rice cakes or crackers with peanut butter, sesame spread or jam ● Porridge oats (with water or milk) honey and chopped fruit ● Porridge Flakes with milk or yoghurt with dried or fresh fruits ●</p>
LUNCHES	<p>Jacket potato and salad with egg-free mayonnaise/ dressing (<i>eg Granovita, Plamil</i>) ● Turkey or chicken breast sandwiches and salad with egg-free mayonnaise/ dressing (<i>eg Granovita, Plamil</i>) ● Egg-free macaroni cheese and salad ● Egg-free noodles (<i>eg Clearspring</i>) and stir-fry vegetables ● Baked beans on toast ● 'Egg' sandwiches (using tofu as a substitute) ● Greek salad with feta cheese ● Avocado and prawn salad (with egg-free mayonnaise (<i>eg Plamil, Granovita</i>)) ● Pizza and green salad ● Pasta salad with chicken, sweetcorn and mixed green leaves (with egg-free mayonnaise <i>eg Plamil, Granovita</i>) ● Tuna and sweetcorn pitta or tortilla wrap ● Corn Tortilla wrap with chicken mayonnaise (<i>eg Plamil, Granovita</i>) and salad ●</p>
DINNERS	<p>Broccoli and cauliflower cheese with a jacket potato and mixed salad ● Roast chicken breast with roast potatoes, vegetables, Yorkshire Puddings (batter made with egg replacer <i>eg Allergycare</i>) ● Stir-fry vegetables with chicken, nuts, beans or <i>Quorn</i> with rice or rice noodles ● Spaghetti bolognese with egg-free pasta (most supermarkets) ● Poached salmon with new potatoes, broccoli, green beans ● Egg-free quiche (using tofu – see recipes) ● Chilli con carne with brown rice or rice noodles ● Vegetable lasagne with salad ● Stir-fried chicken with cashew nuts in coconut milk sauce (with ginger, chilli and turmeric) with brown rice ● Gammon with pineapple, new potatoes, peas and broccoli ● Lancashire hotpot with mashed potatoes and peas ● Roast lamb and mint gravy with potatoes, vegetables and Yorkshire pudding (batter made with egg replacer <i>eg Allergycare</i>) ● Fisherman's Pie with vegetables ●</p>
SNACKS	<p>Fresh fruit ● Dried fruit, nuts and seeds ● Natural or fruit yoghurt ● Egg-free biscuits (check ingredients labels) ● Homemade cakes (using egg replacer <i>eg Allergycare</i>) Scones, with butter/cream/ jam ● Rice cakes (<i>eg Kallo</i>) or Corn Thins (<i>eg Real Foods</i>) with sliced bananas, sesame spread, peanut butter or sugar-free jam ● Rye crispbreads (<i>eg Ryvita</i>) with topping as for rice cakes ● Flapjack ● Ice-cream (see recipes) ● Portion of fruit salad ● Raw vegetable crudites with hummus, taramasalata or guacamole ●</p>



Egg-free Recipes

Eggless Vegan Mayonnaise

Ingredients:

- 3 tbsp lemon juice
- ½ cup soy milk
- ¼ tsp salt
- ¼ tsp paprika
- ¼ tsp mustard
- 6 tbsp vegetable oil

Preparation:

1. Put all the ingredients except the oil in a blender.
2. Blend on the lowest speed.
3. Gradually - one drop at a time - add the oil until the mixture starts to thicken.
4. Continue blending until thickened and smooth. Transfer to a jar and store in the refrigerator.

Quick Egg-Free Cookies

Ingredients:

- 1 box cake mix, any flavour
- 1 cup spread or butter
- egg replacer equivalent of 2 eggs (Ener-G works best)
- 1½ cups chocolate chips (optional)

Preparation:

1. Mix together all ingredients in a large bowl until well combined.
2. Refrigerate dough for at least a half hour. This will help it firm up.
3. Bake 10-12 minutes at 180°C/350°F/Gas mark 4. Cookies will be soft and chewy.

Brownies

An easy recipe for super-moist and fudgy vegan brownies, using tofu as an egg replacer.

Ingredients:

- ¾ cup silken (soft) tofu
- ½ cup water
- ½ cup maple syrup
- ½ cup cocoa powder
- 2 tbsp vegetable oil
- 1 tbsp vanilla
- 1¼ cups flour
- 1 cup sugar
- ¼ tsp baking powder
- ¼ tsp salt
- ½ cup chopped walnuts (optional)

Preparation:

1. Pre-heat oven to 180°C/350°F/Gas mark 4 and lightly grease a baking pan.
2. In a blender or food processor, process the silken tofu, water, maple syrup, cocoa, oil and vanilla until smooth.
3. In a large bowl, mix together the remaining ingredients, except the nuts.
4. Combine the dry ingredients with the wet ingredients, stirring well to combine. Gently fold in the walnuts.
5. Pour the batter into the baking pan and bake for about 40 minutes.

NB 1 cup = 250 mls

Enjoy!



Scrambled Tofu

Ingredients:

- ½ **yellow onion, diced**
- ½ **green bell pepper, diced**
- **1 block tofu, drained and pressed**
- **2 tbsp olive oil or butter**
- **1 tsp garlic powder**
- **1 tsp onion powder**
- ½ **tsp dried parsley**
- **1 tbsp soy sauce**
- **2 tbsp nutritional yeast**
- ½ **tsp turmeric (optional)**

Preparation:

1. Slice the tofu into approximately one inch cubes. Then, using either your hands or a fork, crumble it slightly.
2. Sauté onion, pepper and crumbled tofu in oil for 3-5 minutes, stirring often. Add remaining ingredients, reduce heat to medium and allow to cook 5-7 more minutes, stirring frequently and adding more oil if needed.
3. Wrap in a warmed flour tortilla with a bit of salsa for a breakfast burrito or top with soya or dairy cheese.

Serves two

Egg-Free Quiche

A basic vegan quiche recipe that you can add favourite spices and vegetables. Perfect for a weekend breakfast or brunch. Use a vegan soy cheese that doesn't contain casein for a dairy-free quiche.

Ingredients:

- **1 onion, chopped**
- **6-8 mushrooms, sliced**
- **3 cloves garlic**
- **1 tbsp olive oil**
- **8 oz frozen shortcrust pastry**
- ½ **block firm tofu**
- **1 tsp soya milk**
- **salt and pepper to taste**
- ½ **cup shredded vegan cheese**
- **3-4 tomatoes, sliced thin**

Preparation:

1. Preheat oven to 200°C/400°F/Gas mark 6. Cook the onion, mushrooms and garlic in oil until soft, about 3 to minutes.
2. Press the pastry into a quiche dish and bake for 5 minutes.
3. In a blender or food processor, process the tofu, soya milk and salt and pepper until smooth.
4. Mix together the tofu and vegetables and add the vegan cheese. Gently pour into baked pastry.
5. Layer the sliced tomatoes across the top of the quiche.
6. Bake for 50 minutes to an hour, or until done.



Applesauce Cake

Ingredients:

- 230g flour
- 1 cup brown sugar
- ½ tsp salt nutmeg
- ½ tsp salt
- 2 tsp baking soda
- 1 tsp cinnamon
- 1 tsp cornflour
- 3 tbsp chocolate (not cocoa - use choc chips or baking squares)
- 115g raisins
- 337ml cups applesauce
- 115g of nuts
- 58g of butter melted, then cooled

Preparation:

1. Preheat oven to 180°C/350°F/Gas mark 4.
2. Sift dry ingredients, add nuts and raisins, stir to cover with flour mixture.
3. Add applesauce and cooled butter.
4. Stir until well blended.
5. Pour into greased pan.
6. Bake 45 minutes.

Homemade Vanilla Ice-Cream

Ingredients:

- ½ pint (250ml) single/light cream
- Small tin of condensed milk
- 1-2 teaspoons vanilla extract (according to taste)

Preparation:

1. Pour all ingredients into a mixing bowl and mix until smooth.
2. Transfer the whole mixture into an ice cream maker and freeze according to the manufacturer's instructions.



Carrot, Apple and Raisin Cake

Ingredients:

- 225g/8oz self-raising flour
- ½ tsp baking powder
- ½ tsp salt
- 1 tsp ground cinnamon
- 5 tbsp vegetable oil
- Grated zest 1 orange, plus 4 tbsp juice
- 140g/5oz muscovado sugar
- 140g/5oz finely grated carrot
- 1 medium eating apple, peeled, cored, and grated
- 85g/3oz raisins
- 50g/2oz pumpkin seeds
- Icing sugar, for dusting

Preparation:

1. Heat oven to 180°C/350°F/Gas mark 4.
2. Grease a 20cm round cake tin. Mix the flour, baking powder, salt and cinnamon in a large bowl.
3. In a separate bowl mix together the oil, orange juice and sugar.
4. Add the orange mixture to the flour along with the grated carrot and apple, orange zest, raisins and pumpkin seeds. Then stir until really well mixed. Spoon into the prepared tin.
5. Bake for 50 mins – 1 hr until the cake pulls from the side of the tin. Cool on a rack before removing from the tin. Dust with icing sugar and serve.

Grocery List for **Egg-Free** Diet

Many foods contain **Eggs** so it is always important to read the ingredient labels carefully before purchase

Fruit and Vegetables

Lettuce / Mixed leaves

Tomatoes

Chicken

Avocado

Radish

Beetroot

Onions

Cabbage

Mushrooms

Peas

Sweetcorn

Broccoli

Cauliflower

Garlic

Carrots

Green beans

Sweet potatoes

Baking potatoes

Oranges/satsumas

Strawberries

Raspberries

Blueberries

Bananas

Apricots

Frozen fruit

Dried fruit

Meat, Fish and Alternatives

Chicken

Turkey

Beef (occasional)

Wild game

Fresh fish – cod, haddock, tuna,

salmon, mackerel, trout

Tinned fish – pilchards, salmon,

sardines, tuna (occasionally)

Prawns

Tofu

Beans and Pulses

Kidney/haricot/pinto/cannellini/

aduki/black-eye/butter beans

Mixed organic beans (tinned is fine)

Chickpeas (add to soups & salads)

Lentils (mix with rice)

Organic baked beans

Dairy and Dairy Alternatives

Milk – skimmed, semi-skimmed

Almond/rice/coconut/oat milk

Soya milk and yoghurts

Cheese (in moderation)

Cottage cheese

Feta / Mozzarella

Goat / Sheep milk

Natural bioyoghurt

Organic Spread (eg Pure, Biona)

Butter

Fruit yoghurts (in moderation)

Rice and Pasta

(check ingredients)

Egg-free wholewheat or spelt pasta

(eg made from corn, rice, buckwheat)

Basmati or brown rice

Buckwheat pasta (eg Orgran)

Brown rice spaghetti (eg Waitrose)

Rice or buckwheat noodles

Quinoa

Bread and Snacks

Seeded or Granary bread

Rye or Pumpernickel bread

(eg Schneider Brot rye bread)

Village Bakery Borodinsky bread

Bread & multigrain buns

(eg Livwell)

Oatcakes (eg Nairns)

Rice Cakes

Bread and Snacks

Rye crispbread (eg Ryvita)

- seeded or plain

Multigrain Corn Thins

(eg Realfoods)

Snacks (check ingredients)

Dips – hummus

Raw nuts – brazils, almonds, walnut

Raw seeds – pumpkin, sunflower,

sesame, flax/linseed

Peanut butter (eg Whole Earth)

Bounce Protein Balls

Wholebake 9Bar snacks

Fruit conserve

Dressings – egg free mayonnaise

(eg Plamil, Granovita), olive oil &

balsamic vinegar

Breakfast Cereals

Homemade muesli (oats, rye and

barley flakes, buckwheat flakes,

rice flakes, flaked coconut,

raisins, dried dates, pumpkin &

sunflower seeds, nuts)

Porridge or millet (warmed with milk)

Oatibix

Cornflakes / Rice Crispies /

Shreddies

Doves Farm Rice &

Buckwheat Cereal

Drinks

Fruit juice – orange, apple, tomato

WATER

Smoothies (eg Innocent)

Herbal teas – peppermint, fruit tea

Caffeine-free (eg Rooibosch)

Other

Egg replacer (eg Allergycare or

Orgran) which can be used in baking

Fish/ Seafood

Planning Your Diet



Eating and Cooking **without Fish/Seafood**

These foods are relatively straightforward to eliminate from your diet, and involve a simple replacement with other foods from the **NORMAL** list of your results.

Foods to be aware of:

- **Fish pies**
- **Sauces**
- **Stir-fries**
- **Savoury mousses**
- **Pates**
- **Garnishes**
- **Spreads**
- **Hors D'oeuvres**
- **Seafood / shellfish soup**
- **Italian dishes**
- **Pasta dishes**
- **Cioppino (seafood stew)**
- **Cod liver oil**
- **Roll mops (herring)**
- **Whitebait (young herring)**
- **Kipper (split and smoked herring)**



Fruit

Planning Your Diet



Eating and Cooking **without Fruit**

These foods are relatively straightforward to eliminate from your diet, and involve a simple replacement with other foods from the **NORMAL** list of your results.

Foods to be aware of:

- **Fruit juices**
- **Fruit pies**
- **Desserts**
- **Jams**
- **Jellies**
- **Yoghurts**
- **Sweets**
- **Fruit squashes**
- **Cakes**
- **Biscuits**
- **Ice-creams**
- **Chinese dishes** eg sweet and sour
- **Mexican dishes**
- **Marmalades**
- **Honey**
- **Fruit salads**
- **Cider**
- **Wine**
- **Cocktails**



Grains

Planning Your Diet



Eating and Cooking without Grains

If your results have shown an **ELEVATED** reaction to a particular grain it is recommended that you avoid or reduce your consumption of that grain. Simply replace with a variety of other grains from the **NORMAL** list of your results.

Grains are likely to be found in the following foods:-

- **Breads, rolls, scones, pancakes**
- **Cakes, biscuits**
- **Breakfast cereals**
- **Pizzas**
- **Pastries**
- **Desserts**
- **Alcoholic drinks**
- **Convenience foods such as soups, sauces, processed meats, ready meals, sausages, crisps, tinned foods**

For further information on **wheat** and **gluten**, please refer to 'Eating and Cooking without Wheat' and 'Eating and Cooking without Gluten' in the following sections.

Wheat

Planning Your Diet



Eating and Cooking **without Wheat**

If your results have shown an **ELEVATED** reaction to wheat, it is recommended that you avoid or reduce your consumption of wheat and wheat products.

Wheat is an important source of fibre, vitamins and minerals, particularly vitamin B complex, chromium and zinc. If you avoid wheat, it is important that these nutrients are obtained from alternative sources.





Foods to avoid

Wheat is found in many foods such as:

- Breads, rolls, chapattis, naan breads, crumpets, scones, pancakes, wafers, cakes, biscuits
- Breakfast cereals
- Pizza, pasta, pastries and Yorkshire puddings
- Ice-cream, powdered drinks, malted drinks, chocolate bars, liquorices and puddings
- Beer, stout, lager and most spirits
- Wheat is also found in many convenience foods such as soups, sauces, spices, malted drinks, processed meats and ready-made meals, including burgers, oven chips, salami, sausages, scotch eggs, meat or fish coated in bread crumbs, corned beef, pates and spreads, pizzas, crisps, commercial sauces, salad dressings, ham, gravy, stock cubes, herbs, spices, baking powder, tinned foods including beans, spaghetti and soup



What to look for (and avoid) on food ingredient labels:

Wheat may be hidden in many foods and so it is important to always read the ingredient labels carefully before purchase.

From November 2005, manufactured pre-packaged foods sold within the European Union have been required by law to list wheat in the ingredients panel if it is present in the product however tiny the amount. Read labels with every new packet as products are reformulated all the time and ingredients change. Products sold loose where ingredients are unknown and where cross contamination is an issue should be avoided; these include bakery, butchers products and delicatessen items.



Foods sold outside the EU are not bound by these laws so you will need to check labels and avoid the following:-

- **Binder, brown flour**
- **Breadcrumbs**
- **Bulgar wheat, triticale, kamut, spelt, cracked wheat, kibbled wheat**
- **Couscous, wheat bran, durum wheat, semolina**
- **Gum base**
- **Hydrolysed wheat protein, wheat gluten**
- **Rusk, wheat starch, modified starch, food starch, wheat flakes, edible starch**
- **Whole wheat, puffed wheat**
- **Wheat germ flour or unbleached flour**
- **Wheat germ oil, wheat germ extract**
- **Wholegrain, wholemeal flour**

A number of people with a wheat intolerance may also react to spelt, rye and barley as their proteins are very similar to those of wheat, and these should also be avoided.



Alternative foods to eat and useful tips for wheat-free baking

Although wheat is a significant source of nutrients, there are alternative food products that provide equivalent vitamins and minerals. Whilst it may be challenging, you can use these alternatives to ensure an enjoyable, varied and healthy diet:

- **Breads** – wheat-free bread is now widely available and generally made from rice flour, rye flour or blended from potatoes and corn. These types of bread contain the essential B vitamins, iron and folic acid that are found in wheat bread. Choose from 100% rye bread, pumpernickel or soda bread. Examples of fresh breads available in supermarket include *Biona*, *the Village Bakery*, *Genius*. Crackers or crispbreads such as *Ryvita*, oatcakes, corn cakes and rice cakes can be used in place of bread for meals and snacks.
- **Pasta** – choose pasta made from rice, quinoa, corn or buckwheat, which all also contain B vitamins. Noodles are also available in buckwheat or rice too.
- **Biscuits** – a wide range of biscuits are available that are made from maize or oats and can be either sweet or savoury.
- **Breakfast cereals** – there are a wide selection of cereals available that do not contain wheat, such as wheat-free muesli, porridge oats, millet puffs, brown rice puffs, puffed buckwheat, *Oatibix* and quinoa flakes. These all provide a good source of B vitamins and iron
- **Batter and breadcrumbs** – are made from wheat flour. Use a wheat-free bread or corn flakes to make bread crumbs instead.
- **Sausages** – usually contain wheat rusk but rice rusk is used in some wheat-free alternatives that are available in some supermarkets, butchers shops and meat producers at farmers markets.
- **Japanese, Chinese and Thai dishes** – containing soy sauce will contain wheat as soy sauce is produced using wheat. At home, try Japanese Tamari soy sauce which is made without wheat.
- **Gravy** – if you like to make gravy with meat juices you can continue to use vegetable stock or wheat free stock tablets such as *Kallo* or *Knorr* and thicken with corn flour. If a brown gravy is preferred add gravy browning. *Allergycare* do wheat/gluten-free instant gravy powder too.
- **Sauces** – to make a white sauce use corn flour or another wheat free flour (see next section **Alternative flours for baking**) to thicken the sauce. To prevent lumps forming mix the corn flour first with a little cold milk. Heat the remaining milk in a pan. Then add a small amount of the hotmilk to the cold mix and stir. Stir whilst adding this mix to the remaining hot milk in the pan and cook through. Then add the flavouring e.g. grated cheese, parsley.
- **Baking** – there are many alternative flours available for baking. See **Flour Types** for specific details. Bicarbonate of soda, cream of tartar, tapioca, gelatine or vegegel based desserts, pure spices, cornflour, rice and arrowroot can all be used for baking.

Refer to **Food Directory – Grains/wheat**, **Wheat-free meal ideas** and **Websites for free-from foods** for further help and ideas



Wheat-free manufactured products

A wide variety of wheat-free speciality products such as flour, bread, biscuits, cakes and gravy mixes are now available at supermarkets, chemists and the internet. Some cafés or restaurants sell home baked gluten-free cakes; check that they are also wheat-free.

Please note that products marked gluten-free may not be wheat-free as some are made from wheat starch – these are not suitable for wheat-free diets.

REMEMBER - always check the label!

Wheat-free baking

There are many foods that can be used as a substitute to wheat that will provide variety to your meals and essential nutrients.

Ingredients that can be used in many recipes instead of wheat are:

- **Amaranth**
- **Potato flour**
- **Barley - flakes or flour**
- **Quinoa**
- **Buckwheat - flakes or flour**
- **Rice grains - flakes or flour**
- **Corn, cornflour, maize, polenta**
- **Rye**
- **Ground nuts e.g. almonds**
- **Sago**
- **Lentil, pea, bean, gram flours**
- **Soya - flakes or flour**
- **Millet grains - flakes or flour**
- **Tapioca**
- **Oats**



Wheat-free flours have different baking properties to wheat flour but with practice can make tasty biscuits, cakes and pastries. See table overleaf for flours that can be used as an alternative to wheat.

Useful baking tips when using alternative flours

- Use a wheat-free baking powder such as *Supercook* Gluten-Free Baking Powder (*white lid*) or *Allergycare* Gluten-Free Baking Powder.
- When self-raising flour is required for a recipe, mix 1 teaspoon of baking powder with 200g (8oz) wheat-free flour.
- Add extra liquid to compensate for the greater absorbency of the gluten-free flour.
- Xanthan gum is a useful gluten substitute that can be added to improve the texture, help to bind the mixture and prevent crumbling. It can be bought in health food shops, supermarkets or online.
- Bake at slightly lower temperature than the original recipe (5-10% lower).
- Add extra flavouring to compensate for the blandness of wheat-free flour (eg lemon, almond, chocolate, cinnamon, ginger).
- If making bread, don't expect to be able to turn out a light, fluffy loaf. Flat breads and rolls are more achievable. Only consider making a loaf if you are able to put egg in it.
- If making pastry, it will be very fragile. Roll it out much thicker than normal and do not be surprised if it breaks when you lift it off the worktop. Try rolling it between two pieces of cling-film or on a sheet of baking silicone to make it easier to move. Patchwork pastry won't matter if it is in the bottom of a flan tin.
- Try looking in cook books for foreign recipes that do not use wheat flour.
- Appearance and consistency of raw mixture will be different from the normal versions.
- Some cooked products (eg muffins) might appear to be under-cooked – you will need to test with a skewer.
- Shelf-life will be greatly reduced. Plan to make sufficient for 2 days then bake a fresh batch once eaten.



Alternative flours for baking

Wheat flour contains gluten which is the protein that strengthens and binds dough in baking. Wheat/gluten-free flours do not contain gluten and therefore you may need to source alternative binding agents.

Wheat-free recipes using flour substitutes have usually been carefully formulated to get the best possible result taking into account the problems associated with lack of wheat gluten, therefore substitution can be a risky experiment. You may be advised to try out new recipes prior to cooking for important occasions!

The flours listed on the next pages are alternatives to wheat flour. However it is important to be aware that there is no exact substitute for wheat flour, and recipes made with wheat-free alternative flours will be different from those containing wheat.



Flour Types

Amaranth

Amaranth flour is made from the seed of the Amaranth plant, which is a leafy vegetable. Amaranth seeds are very high in protein, which makes a nutritious flour for baking. Alternative names: African spinach, Chinese spinach, Indian spinach, elephants ear.

Gluten - free ✓ Wheat - free ✓

Arrowroot

Arrowroot flour is ground from the root of the plant, and is very useful for thickening recipes. It is tasteless, and the fine powder becomes clear when it is cooked, which makes it ideal for thickening clear sauces.

Gluten - free ✓ Wheat - free ✓

Barley

Barley only contains a small amount of gluten, so is rarely used to make bread, with the exception of unleavened bread. It has a slightly nutty flavour, and can be used to thicken or flavour soups or stews. Blended with other alternative flours it is also fairly versatile for cakes, biscuits, pastry, dumplings etc.

Gluten - free ✗ Wheat - free ✓

Brown rice

Brown rice flour is heavier than its relative, white rice flour. It is milled from unpolished brown rice so it has a higher nutritional value than white and, as it contains the bran of the brown rice, has a higher fibre content. This also means that it has a noticeable grainy texture which contributes to a heavier product than recipes made with white rice flour. It is not often used completely on its own because of its heavier nature. Bulk buying is not recommended as it is better used when fresh, store in an airtight container.

Gluten - free ✓ Wheat - free ✓

Buckwheat

Buckwheat flour is not, despite its name a form of wheat, but is actually related to rhubarb. The small seeds of the plant are ground to make flour. It has a strong nutty taste so is not generally used on its own in a recipe, as the taste of the finished product can be very overpowering, and a little bitter.

Alternative names: beech wheat, kasha, saracen corn.

Gluten - free ✓ Wheat - free ✓

Chick pea

(also known as gram or garbanzo flour)

This is ground from chick peas and has a strong slightly nutty taste. It is not generally used on its own.

Gluten - free ✓ Wheat - free ✓

Cornflour

Cornflour is milled from corn into a fine, white powder, and is used for thickening recipes and sauces. It has a bland taste, and therefore is used in conjunction with other ingredients that will impart flavour to the recipe. It also works very well when mixed with other flours, for example when making fine batters for tempura. Some types of cornflour are milled from wheat but are labelled wheaten cornflour.

Alternative name: cornstarch.

Gluten - free ✓ Wheat - free ✓



Cornmeal

Ground from corn. Heavier than cornflour, not generally interchangeable in recipes.

Gluten - free ✓ Wheat - free ✓

Maize

Ground from corn. Heavier than cornflour, not generally interchangeable in recipes. Available in the UK in wholefood stores.

Gluten - free ✓ Wheat - free ✓

Millet

Comes from the grass family, and is used as a cereal in many African and Asian countries. It can be used to thicken soups and make flat breads and griddle cakes. Because it lacks any form of gluten it is unsuitable for many types of baking. Available in the UK in wholefood stores.

Gluten - free ✓ Wheat - free ✓

Potato

This flour should not be confused with potato starch flour. Potato flour has a strong potato flavour and is a heavy flour so a little goes a long way. Bulk buying is not recommended unless you are using it on a very regular basis for a variety of recipes as it does not have a very long shelf life.

Gluten - free ✓ Wheat - free ✓

Potato starch

This is a fine white flour made from potatoes, and has a light potato flavour which is undetectable when used in recipes. It's one of the few alternative flours that keeps very well provided it is stored in an airtight jar, and somewhere cool and dark.

Gluten - free ✓ Wheat - free ✓

Quinoa (pronounced 'keen wa')

Quinoa is related to the plant family of spinach and beets. It has been used for over 5,000 years as a cereal, and the Incas called it the mother seed. Quinoa provides a good source of vegetable protein and it is the seeds of the quinoa plant that are ground to make flour. It's a rarity to find quinoa flour in the UK, although quinoa itself is widely available.

Gluten - free ✓ Wheat - free ✓

Rye

Rye flour is a strongly flavoured flour, dark in colour. Breads made with rye flour are denser than those made with wheat, for example pumpernickel which is virtually black. Rye flour has a low gluten content, but it can also be used for recipes such as pancakes and muffins.

Gluten - free ✗ Wheat - free ✓

Sorghum

This is a relatively new flour on the market, and not readily available in the UK. It is ground from sorghum grain, which is similar to millet. The flour is used to make porridge or flat unleavened breads. It is an important staple in Africa and India. This flour stores well under normal temperatures.

Gluten - free ✓ Wheat - free ✓

Soya

Soya flour is a high protein flour with a nutty taste. It is not generally used on its own in recipes, but when combined with other flours is very successful as an alternative flour. Can be used to thicken recipes or added as a flavour enhancer.

It needs to be carefully stored as it is a high fat flour and can go rancid if not stored properly. A cool, dark environment is recommended and can even be stored in the refrigerator.

Gluten - free ✓ Wheat - free ✓

Flour Types

Stamp Collection all purpose

This flour, produced by *The Stamp Collection*, is 100% organic and wheat-free. It is a blend of barley, rice, millet and maize flours. This flour works well in a wide variety of recipes, from soufflés to biscuits and pancakes to pastry. It can't however be used to produce bread, although bread type products can be made from it. The all purpose flour absorbs liquid slower than wheat flour, and so additional time allowance needs to be made when using in recipes to allow liquid to absorb fully.

Gluten - free ✗ Wheat - free ✓

Tapioca

Tapioca flour is made from the root of the cassava plant, once ground it takes the form of a light, soft, fine white flour. Tapioca flour adds chewiness to baking and is a good thickener. Although difficult to source in the UK tapioca flour is an excellent addition to any wheat free kitchen. It's a fairly resilient flour, so storing at room temperature is no problem.

Gluten - free ✓ Wheat - free ✓

Teff

Teff comes from the grass family and is a tiny cereal grain native to northern Africa. It is ground into flour and used to prepare injera, which is a spongy, slightly sour flat bread. It is now finding a niche in the health food market because it is very nutritious, although currently it's a rarity to find in the UK.

Gluten - free ✓ Wheat - free ✓

White rice

This flour is milled from polished white rice so it is very bland in taste, and not particularly nutritious. White rice flour is ideal for recipes that require a light texture. It can be used on its own for a variety of recipes and has a reasonable shelf life, as long as it is stored in an airtight container to avoid it absorbing moisture from the air.

Gluten - free ✓ Wheat - free ✓



Wheat-free Meal ideas

BREAKFASTS	<p>Poached, boiled or scrambled egg on wheat-free toast (eg Rye bread, <i>Genius Gluten-Free</i>) ● Buckwheat pancakes and dried fruit conserve ● (see recipes) Wheat-free Muesli (eg <i>Alara</i> or home-made – see recipes) ● Mushroom omelette and tomatoes with wheat-free bread (eg <i>Biona Corn and Lupin</i>) ● Smoked haddock with mushrooms, tomatoes and wheat-free toast (eg <i>Sunnyvale Flax corn rice sourdough bread</i>) ● <i>Cornflakes</i> or <i>Rice Krispies</i> with sliced banana, yoghurt and salt-free nuts and raisins ● Fruit salad with mixture of nuts, seeds or millet flakes ● Natural or Greek yoghurt with nuts, fruit, seeds or honey ● Rice cakes or crackers with peanut butter, sesame spread or sugar-free jam (eg <i>Kallo rice cakes</i>) ● Porridge oats (eg <i>Nairns gluten-free</i>) with skimmed milk, honey and chopped fruit ● Pancakes (made from rice flour and milk) with fruit salad and Greek yoghurt ● Porridge Flakes (eg <i>Barkat</i>) with dried fruits, strawberries, milk or yoghurt ●</p>
LUNCHES	<p>Home-made soup with wheat-free bread (eg <i>Biona millet bread</i>) ● Jacket potato and salad with a filling such as cheese, beans, tuna, prawns or sweetcorn ● Rice noodles (eg <i>Clearspring, Orgran</i>) and stir-fry vegetables ● Beans on buckwheat bread toast (see recipes) ● Crackers (eg <i>Kallo, Finn or Amisa</i>) or rice-cakes with cheese, tomato, hummus ● Greek salad with feta cheese ● Rice or quinoa salad with sultanas, almonds, walnuts, cashew nuts, sunflower seeds, or sesame seeds ● Avocado and prawn salad with wheat-free bread (eg <i>Biona, Genius</i>) ● Homemade pizza (with polenta base) and green salad ● Corn Pasta (eg <i>Orgran, Dietary Specials</i>) salad with chicken, mayonnaise, sweetcorn and mixed green leaves ● Tuna and sweetcorn wheat-free croissant or sandwich (eg <i>Genius, Dietary Specials</i>) ● Corn Totilla wrap with chicken mayonnaise and salad ● Salmon quiche made with gluten/wheat-free pastry (eg <i>Gluten Free Pastry Company</i>) ●</p>
DINNERS	<p>Broccoli and cauliflower cheese with a jacket potato and mixed salad ● Roast chicken breast with roast potatoes, vegetables and wheat-free gravy and stuffing (eg <i>Barkat, Allergycare, Kallo, Free and Easy</i>) ● Fresh grilled sardines and green salad ● Stir-fry vegetables with chicken, nuts, beans or <i>Quorn</i> with rice or rice noodles (eg <i>Clearspring, Orgran</i>) ● Poached salmon with new potatoes, broccoli, green beans ● Corn tacos with mince or beans with sour cream, guacamole or salsa and a salad ● Chilli con carne with brown rice or rice noodles ● Spaghetti bolognese with corn pasta or rice noodles (eg <i>Orgran, Dietary Specials</i>) ● Grilled mackerel or trout and almonds with mixed salad ● Cod with wheat-free breadcrumbs (from wheat-free bread or use cornflakes) with new potatoes and vegetables ● <i>Quorn</i> and sweetcorn escalopes (with wheat-free breadcrumbs) ● Roast beef and Yorkshire pudding (<i>Orgran buckwheat pancake mix</i>) and vegetables ●</p>
SNACKS	<p>Fresh fruit ● Dried fruit, nuts and seeds ● Raw vegetable crudites with hummus, taramasalata or guacamole ● Poppadoms (made from lentil, chickpea, gram or potato flour), with wheat-free dips ● Low-fat 'live' yoghurt (eg <i>Activia</i>) ● Rice cakes (eg <i>Kallo</i>) with sliced bananas, cottage cheese, sesame spread, peanut butter or sugar-free jam ● Rye crispbreads (eg <i>Ryvita</i>) with topping as for rice cakes ● Low-sugar and wheat-free muesli bars (<i>Doves Farm, Lyme Regis</i>) ● Wheat-free savoury snacks such as rice crackers, tortillas, potato crisps (eg <i>Clearspring, Whole earth, Biona</i>) ● Corn chips or poppadoms made from dhal flour ● Scones, biscuits, cakes made from buckwheat, rice, corn flour ● Jam tarts made with gluten-free sweet pastry (eg <i>Gluten Free Pastry Company</i>) ●</p>



Wheat-free *Recipes*

Muesli

Ingredients:

- **½ cup dried apricots**
- **½ cup jumbo oats**
- **½ cup barley flakes**
- **½ cup large sultanas**
- **clear honey to taste**
- **¼ cup mixed chopped nuts**
- **1 cup fresh orange juice**
- **milk, to mix**

Preparation:

1. Put apricots, oats, barley flakes, sultanas and orange juice in a mixing bowl.
2. Cover and leave to soak overnight.
3. Next morning, stir in the apple and sufficient milk to give a soft consistency.
4. Spoon the muesli into dishes and top with chopped nuts and honey.

Serves 3-4

Buckwheat Pancakes

(wheat, oats, barley and rye-free)

Ingredients:

- **110g buckwheat flour**
- **1 small egg**
- **300ml skimmed milk**
- **butter or olive oil for cooking**

Preparation:

1. Whisk the flour, egg and skimmed milk to make a thin batter.
2. Use kitchen paper to wipe a small non-stick frying-pan with oil and heat until it is smoking.
3. Pour 2 tablespoons of batter into the pan and swirl it around to cover the bottom as thinly as possible.
4. Cook the batter for about 60 seconds, then flip it over with a spatula, and cook the other side for a few seconds.
5. Eat immediately with freshly squeezed lemon or orange juice.



Buckwheat and Rice Bread

(this makes bread that is crisp on the outside and soft on the inside).

Ingredients:

- 300g (12oz) buckwheat flour
- 150g (6oz) brown rice flour
- 1.5 packets easy yeast
- 1 tsp sugar
- 1 tbsp olive oil
- ½ to 1 tbsp salt
- 425ml (¾ pt) hand-hot water
- 2 x 500g (1lb) loaf tins

Preparation:

1. Mix together flours and easy yeast.
2. Add sugar, oil and salt and mix to a thick batter with the water.
3. Grease and flour the two loaf tins.
4. Divide mixture between the tins, cover and leave to rise in a warm place for 20-30 minutes.
5. Bake at 230°C/450°F/Gas mark 8 for 35-40 minutes.
6. The bread will slightly contract from the side of the tins when it is cooked.
7. Cool for 5 minutes and then turn out on to a wire rack.

Makes 7 slices per loaf



Carrot Cake

Ingredients:

- 4 eggs
- 225g caster sugar
- grated rind of 1 lemon
- 225g ground almonds
- 1 tsp wheat-free baking powder
- 225g carrots, finely grated
- 75g raisins
- 75g sultanas
- 25ml rice flour

Preparation:

1. Pre-heat the oven to 180°C/350°F/Gas mark 4.
2. Separate the eggs.
3. Place yolks, sugar and lemon rind in a bowl, blender or food processor and beat together well.
4. Add the almonds and carrots to this mixture.
5. Stir well.
6. Sift the flour and baking powder together then fold into the mixture.
7. in another bowl beat the egg whites until they are stiff, then fold them into the mixture.
8. Add the dried fruit and stir gently.
9. Grease 2 oblong loaf tins 19 cm long.
10. Spread the mixture out in tray and bake for 45 minutes.
11. Leave to cool in the tins, then cut into slices.

Makes 16 slices



Flourless Chocolate Cake

Ingredients:

- 110g butter or spread (*eg Pure*)
- 225g dark chocolate, with at least 70% cocoa solids
- 6 eggs, separated
- 125g fruit sugar

Topping:

- 150g dark chocolate, with at least 70% cocoa solids
- 150g chestnut puree
- 30g fruit sugar
- 30g butter or spread (*eg Pure*)

Preparation:

1. Preheat oven to 180°C/350°F/Gas mark 4.
2. Lightly grease a deep 20cm cake tin with butter or spread.
3. Line tin with non-stick baking parchment.
4. Break chocolate into small pieces and place in large heatproof bowl.
5. Rest the bowl over a pan of gently simmering water.
6. Stir until chocolate is melted.
7. Add butter or spread to bowl and stir until completely mixed with chocolate.
8. Remove from heat.
9. Whisk egg whites in a separate bowl until they form stiff peaks.
10. Add sugar and continue whisking until they form glossy peaks.
11. Lightly beat egg yolks in another bowl, then stir into melted chocolate mixture until well blended.
12. Carefully fold in whisked egg whites with a metal spoon until thoroughly mixed in.
13. Pour mixture into cake tin and bake in hot oven for 25-30 minutes until risen and cooked around the sides but still slightly soft in the centre.
14. Take out of oven and cool for about 5 minutes, then transfer to a wire rack and cool completely.
15. Prepare the topping: melt the chocolate as above.
16. Add the chestnut puree, and sugar, and stir well.
17. Stir in butter or spread until thoroughly blended.
18. Remove from heat and leave to cool.

Makes 10 slices



Coconut and Seed Flapjack

Ingredients:

- 150g porridge oats
- 2 tbsps desiccated coconut
- 1 tbsp sunflower seeds
- 1 tbsp pumpkin seeds, roughly chopped
- 1 tbsp linseeds
- 25g chopped dates (optional)
- 1½ tbsps golden syrup
- 1½ tbsps honey
- 5 tbsps cold-pressed walnut oil

Preparation:

1. Set the oven to 180°C/350°F/Gas mark 4.
2. Mix all the dry ingredients together.
3. Add the syrup, honey and oil and mix very well to ensure an even distribution.
4. Press into a lightly greased 14cm x 14cm tin and bake for about 25-30 minutes.
5. Cut into fingers and leave to cool in the tin.

Makes about 8 fingers



Herby Corn Bread

(wheat, yeast and sugar-free)

Ingredients:

- 175g yellow cornmeal
- 1½ tsps bicarbonate of soda
- 1 tsp mixed dried herbs (optional)
- ¼ tsp salt
- 1 egg
- 150g low-fat natural live yoghurt
- 2 tbsps extra virgin olive oil

Preparation:

1. Set the oven to 200°C/400°F/Gas mark 6.
2. Grease a 15cm shallow sandwich tin, muffin pan or bun tray, and line with baking parchment.
3. Mix the cornmeal, bicarbonate of soda, herbs and salt in a bowl.
4. Beat the egg separately and mix with the yoghurt and oil.
5. Pour over the dry ingredients and mix well together.
6. Spoon the mixture into the prepared tins and bake for 15-20 minutes until golden and firm to the touch.
7. Cool on a wire rack and serve.

Makes 1 loaf, 6 muffins or approx. 9 buns



Apple and Cinnamon Cake

(wheat, oats, barley and rye-free)

Ingredients:-

- 4 large cooking apples
- 100g brown rice flour
- 4 large eggs
- 100g ground almonds
- 3oz caster sugar
- 100g butter or spread (*eg Pure*)
- Few drops almond essence
- 1 tbsp cinnamon

Preparation:

1. Grease a deep 20cm loose-bottomed circular baking tin.
2. Pre-heat oven to moderate temperature, 150°C/300°F/Gas mark 2.
3. Peel, core and slice the apples and leave to soak in cold water.
4. Place the flour, eggs, ground almonds, caster sugar, butter or spread and almond essence in the bowl of a mixer and beat until light and fluffy.
5. Line the cake tin with approximately 4cm of the mixture.
6. Place most of the apples in the tin and sprinkle with sugar and cinnamon.
7. Spread the additional mixture on to the top of the apples and smooth off the top ready for the decoration.
8. Gently push remaining apple slices into the top of the cake in a circle and sprinkle with cinnamon and sugar.
9. Bake in a moderate oven for at least 1 hour, until cooked through.
10. Cool briefly, then gently ease the cake out of the tin and onto a plate.
11. Serve hot as a pudding or cold as a cake with whipping or pouring cream.

Grocery List for **Wheat-Free Diet**

Many foods contain **Wheat** so it is always important to read the ingredient labels carefully before purchase

Fruit and Vegetables

Lettuce / Mixed leaves

Tomatoes

Avocado

Radish

Beetroot

Onions

Cabbage

Mushrooms

Peas

Sweetcorn

Broccoli

Cauliflower

Garlic

Carrots

Green beans

Sweet potatoes

Baking potatoes

Oranges/satsumas

Strawberries

Raspberries

Blueberries

Bananas

Apricots

Frozen fruit

Dried fruit

Meat, Fish, Eggs and Alternatives

Chicken

Turkey

Beef (occasional)

Wild game

Fresh fish – cod, haddock, tuna, salmon, mackerel, trout

Tinned fish – pilchards, salmon, sardines, tuna (occasionally)

Prawns

Eggs

Tofu

Beans and Pulses

Kidney/haricot/pinto/cannellini/aduki/black-eye/butter beans

Mixed organic beans (tinned is fine)

Chickpeas (add to soups & salads)

Lentils (mix with rice)

Organic baked beans

Dairy and Dairy Alternatives

Milk – skimmed, semi-skimmed

almond/rice/coconut/oat milk

Soya milk and yoghurts

Cheese (in moderation)

Cottage cheese

Feta / Mozzarella

Goat / Sheep milk

Natural bioyoghurt

Organic Spread (eg *Pure*, *Biona*)

Butter

Fruit yoghurts (in moderation)

Rice and Pasta

Wheat-free spaghetti or lasagne

(eg *Dietary Specials*, *Glutafin*)

Basmati and brown rice

Buckwheat pasta (eg *Orgran*)

Rice or buckwheat noodles

(eg *Clearspring* or *Orgran*)

Quinoa/ pasta (eg *Hale and Hearty*)

Corn pasta (eg *Barkat*, *Orgran*)

Bread and Snacks

Wheat-free bread and rolls

(eg *Genius*, *Biona*, *Barkat*, *Glutafin*, *Dietary Specials*, *Ener-G*, *Livwell*, *Proceli*, *Tesco*, *Sainsburys*, *Waitrose*, *Asda*)

Rye or Pumpernickel bread

(eg *Schneider Brot* rye bread)

Borodinsky bread (eg *Village Bakery*)

Corn and Lupin bread (eg *Biona*)

Flax, corn, rice, sourdough

(eg *Sunnyvale*)

Millet bread (eg *Biona*)

Oatcakes (eg *Nairns*)

Rice Cakes (eg *Kallo*)

Rye crispbreads

(eg *Ryvita*) seeded or plain

Multigrain Corn Thins

(eg *Realfoods*)

Wheat-free crackers

(eg *Kallo*, *Finn*)

Snacks

Dips – hummus, guacamole

Raw nuts – brazils, almonds,

cashew, pecans, walnut

Raw seeds – pumpkin, sunflower,

Sesame, flax/linseed

Peanut butter (eg *Whole Earth*)

Protein Balls (eg *Bounce*)

Wholebake snacks (eg *9Bar*)

Fruit conserve

Breakfast cereals

Homemade muesli (oats, rye and barley flakes, buckwheat flakes, rice flakes, flaked coconut, raisins, dried dates, pumpkin & sunflower seeds, nuts)

Wheat-free muesli

(eg *Alara*, *Hale and Hearty*)

Porridge or millet

(warmed with milk)

Porridge flakes (eg *Barkat*)

Oatibix

Cornflakes / Rice Crispies

Rice & Buckwheat Cereal

(eg *Doves Farm*)

Drinks

Fruit juice – orange, apple, tomato

WATER

Smoothies (eg *Innocent*)

Herbal teas – peppermint, fruit tea

Rooibosch

Other

Dressings – mayonnaise (eg *Plamil*, *Granovita*), olive oil and

balsamic vinegar

Baking Powder

(eg *Supercook*, *Allergycare*)

Pastry

(eg *Gluten-free Pastry Company*)

Buckwheat pancake mix (eg *Orgran*)

Wheat-free cake mixes

(eg *Glebe Farm*)

Gluten

Planning Your Diet



Eating and cooking **without Gluten**



If your results have shown an **ELEVATED** reaction to gliadin (found in gluten), then it is recommended that you avoid all foods that contain gliadin/gluten even if these foods do not show a positive response. The grains that contain gluten include wheat, rye and barley, and foods containing these grains should be avoided. Some people who are intolerant to gluten are also sensitive to oats.



Foods to avoid

Gluten can be found in many foods such as:

- Any food that contains wheat, rye or barley
- Breads, rolls, chapattis, naan breads, crumpets, scones, pancakes, wafers, cakes, biscuits
- Breakfast cereals
- Pizza, pasta, pastries and Yorkshire puddings
- Ice-cream, powdered drinks, malted drinks, chocolate bars, liquorices and puddings
- Beer, stout, lager and most spirits
- It is also found in many convenience foods such as soups, sauces, spices, malted drinks, processed meats and ready-made meals, including burgers, oven chips, salami, sausages, scotch eggs, meat or fish coated in bread crumbs, corned beef, pates and spreads, pizzas, crisps, commercial sauces, salad dressings, ham, gravy, stock cubes, herbs, spices, baking powder, tinned foods including beans, spaghetti and soup





What to look for (and avoid) on food ingredient labels

In 2006, the Food Allergen Labelling and Consumer Protection Act came into effect, which requires food companies to label all foods that contain the eight most common allergens, including wheat. This is great news for people who must follow a gluten-free diet, because it makes identifying “red-light foods” much easier. Now, in order to determine if a food contains gluten, you should first read the allergy statement found at the end of the ingredient list on the back of all packaged foods. If the food contains any gluten, the allergy statement will read “contains Gluten”. If the allergy statement does not include gluten, you should read the ingredient list. If none of the words (listed in box) appear in the ingredient list, the food is most likely gluten-free. However, the best way to determine if a particular product is gluten-free is to call the food manufacturer or look on their website. By law, food manufacturers must list their contact information on the back of all packaged foods.

Note

Gluten may be hidden in many foods and so it is important to always read ingredients labels carefully before purchase.

If avoiding gliadin/gluten, you will need to avoid the following:-

- wheat
- rye
- barley
- spelt
- kamut
- malt, malt flavouring, malt vinegar
- bran
- triticale
- dextrin

Alternative foods to eat and useful tips for gluten-free baking

Although gluten is present in many products that are significant sources of nutrients, there are alternative food products that provide equivalent vitamins and minerals. Whilst it may be challenging, you can use these alternatives to ensure an enjoyable, varied and healthy diet:

- **Breads** – gluten-free bread is now widely available and generally made from a combination of rice, potato, corn, soya or tapioca flour. Most of these breads contain the essential B vitamins, iron and folic acid. Examples of fresh breads available in supermarkets include *Biona*, *the Village Bakery*, *Genius*. Crackers or crispbreads such as Ryvita, oatcakes, corn cakes and rice cakes can be used in place of bread for meals and snacks.
- **Pasta** – choose pasta made from rice, quinoa, corn or buckwheat, which all contain B vitamins. Noodles are also available in buckwheat or rice too.
- **Biscuits** – a wide range of biscuits are available that are made from maize or oats and can be either sweet or savoury.
- **Breakfast cereals** – there are a wide selection of cereals available that do not contain gluten, such as gluten-free muesli, porridge oats, millet puffs, brown rice puffs, puffed buckwheat, shredded oaty bites and quinoa flakes. These all provide a good source of B vitamins and iron.
- **Batter and breadcrumbs** – are made from wheat flour. Use a gluten-free bread or corn flakes to make bread crumbs instead.
- **Sausages** – usually contain wheat rusk but rice rusk is used in some gluten-free alternatives that are available in some supermarkets, butchers shops and meat producers at farmers markets.
- **Japanese, Chinese and Thai dishes** – many contain soy sauce which is produced using wheat. At home, try Japanese Tamari soy sauce which is made without wheat and is therefore gluten-free.
- **Gravy** – if you like to make gravy with meat juices you can continue to use vegetable stock or gluten-free stock tablets such as *Kallo* or *Knorr* and thicken with corn flour. If a brown gravy is preferred add gravy browning. *Allergycare* do gluten-free instant gravy powder too.
- **Sauces** – to make a white sauce use corn flour or another gluten-free flour (see next section 'Alternative flours for Baking') to thicken the sauce. To prevent lumps forming mix the corn flour first with a little cold milk. Heat the remaining milk in a pan. Then add a small amount of the hot milk to the cold and stir. Stir whilst adding this mix to the remaining hot milk in the pan and cook through. Then add the flavouring e.g. grated cheese, parsley.
- **Baking** – there are many alternative flours available for baking. See the next few pages for specific details. Bicarbonate of soda, cream of tartar, tapioca, gelatine or vegegel based desserts, pure spices, cornflour, rice and arrowroot can all be used for baking.



Gluten-free manufactured products

A wide variety of speciality products, for example flour, bread, biscuits, cakes and gravy mixes are now available at supermarkets, chemists and the internet. Some cafés or restaurants sell home baked gluten-free cakes.

Please note that products marked wheat-free may not be gluten-free.

REMEMBER - always check the label!

Gluten-free baking

There are many foods that can be used as a substitute to wheat, rye, barley and spelt that will provide variety to your meals and all essential nutrients.

Ingredients that can be used in gluten-free recipes are:

- **Amaranth**
- **Potato flour**
- **Quinoa**
- **Buckwheat - flakes or flour**
- **Rice grains - flakes or flour**
- **Corn, cornflour, maize, polenta**
- **Ground nuts e.g. almonds**
- **Sago**
- **Lentil, pea, bean, gram flours**
- **Soy - flakes or flour**
- **Millet grains - flakes or flour**
- **Tapioca**

Gluten-free flours have different baking properties to flour containing gluten but with practice can make tasty biscuits, cakes and pastries.

Alternative flours for baking:

Wheat flour contains gluten which is the protein that strengthens and binds dough in baking. Wheat/gluten-free flours do not contain gluten and therefore you may need to source alternative binding agents.

Gluten-free recipes using flour substitutes usually have been carefully formulated to get the best possible result taking into account the problems associated with lack of gluten, therefore substitution can be a risky experiment. You may be advised to try out new recipes prior to cooking for important occasions!

The flours listed over the next few pages are alternatives to wheat flour and are gluten-free. However it is important to be aware that there is no exact substitute for wheat flour, and recipes made with wheat-free alternative flours will be different from those containing wheat.

Useful baking tips when using alternative flours:

- Use a gluten-free baking powder such as *Supercook* Gluten Free Baking Powder (white lid) or *Allergycare* Gluten-Free Baking Powder.
- When self-raising flour is required for a recipe, mix 1 teaspoon of gluten-free baking powder plus 1 teaspoon of xanthan gum with 200g (8oz) gluten-free flour.
- Xanthan gum is a useful gluten substitute that can be added to improve the texture, help to bind the mixture and prevent crumbling. It can be bought in health food shops, supermarkets or online.
- Add extra liquid to compensate for the greater absorbency of the gluten-free flour.
- Bake at slightly lower temperature than the original recipe (5-10% lower)
- Add extra flavouring to compensate for the blandness of gluten-free flour (eg lemon, almond, chocolate, cinnamon, ginger)
- If making bread, don't expect to be able to turn out a light, fluffy loaf. Flat breads and rolls are more achievable. Only consider making a loaf if you are able to put egg in it.
- If making pastry, it will be very fragile. Roll it out much thicker than normal and do not be surprised if it breaks when you lift it off the worktop. Try rolling it between two pieces of cling-film or on a sheet of baking silicone to make it easier to move. Patchwork pastry won't matter if it is in the bottom of a flan tin.
- Try looking in cookbooks for foreign recipes that do not use wheat flour.
- Appearance and consistency of raw mixture will be different from the normal versions.
- Some cooked products (eg muffins) might appear to be under-cooked – you will need to test with a skewer.
- Shelf-life will be greatly reduced. Plan to make sufficient for 2 days then bake a fresh batch when those have all been eaten.



Amaranth

Amaranth flour is made from the seed of the amaranth plant, which is a leafy vegetable. Amaranth seeds are very high in protein, which makes a nutritious flour for baking. Alternative names: African spinach, Chinese spinach, Indian spinach, elephants ear.

Gluten - free ✓ Wheat - free ✓

Arrowroot

Arrowroot flour is ground from the root of the plant, and is very useful for thickening recipes. It is tasteless, and the fine powder becomes clear when it is cooked, which makes it ideal for thickening clear sauces.

Gluten - free ✓ Wheat - free ✓

Brown rice

Brown rice flour is heavier than its relative, white rice flour. It is milled from unpolished brown rice so it has a higher nutritional value than white, and as it contains the bran of the brown rice, has a higher fibre content. This also means that it has a noticeable grainy texture which contributes to a heavier product than recipes made with white rice flour. It is not often used completely on its own because of its heavier nature. Bulk buying is not recommended as it is better used when fresh, store in an airtight container.

Gluten - free ✓ Wheat - free ✓

Buckwheat

Buckwheat flour is not, despite its name, a form of wheat, but is actually related to rhubarb. The small seeds of the plant are ground to make flour. It has a strong nutty taste so is not generally used on its own in a recipe as the taste of the finished product can be very overpowering and a little bitter. Alternative names: beech wheat, kasha, saracen corn.

Gluten - free ✓ Wheat - free ✓

Chick pea

(also known as gram or garbanzo flour)

This is ground from chick peas and has a strong slightly nutty taste. It is not generally used on its own.

Gluten - free ✓ Wheat - free ✓

Cornflour

Cornflour is milled from corn into a fine, white powder, and is used for thickening recipes and sauces. It has a bland taste, and therefore is used in conjunction with other ingredients that will impart flavour to the recipe. It also works very well when mixed with other flours, for example when making fine batters for tempura. Some types of cornflour are milled from wheat but are labelled wheaten cornflour. Alternative name: cornstarch.

Gluten - free ✓ Wheat - free ✓

Flour Types

Cornmeal (coarse)

Ground from corn. Heavier than cornflour, not generally interchangeable in recipes. Also known as Polenta.

Gluten - free ✓ Wheat - free ✓

Cornmeal (fine)

Ground from corn. Heavier than cornflour, not generally interchangeable in recipes. Available in the UK in wholefood stores. Also known as Maize flour.

Gluten - free ✓ Wheat - free ✓

Millet

Comes from the grass family, and is used as a cereal in many African and Asian countries. It can be used to thicken soups and make flat breads and griddle cakes. Because it lacks any form of gluten it is unsuitable for many types of baking. Available in the UK in wholefood stores.

Gluten - free ✓ Wheat - free ✓

Potato

This flour should not be confused with potato starch flour. Potato flour has a strong potato flavour and is a heavy flour so a little goes a long way. Bulk buying is not recommended unless you are using it on a very regular basis for a variety of recipes as it does not have a very long shelf life.

Gluten - free ✓ Wheat - free ✓

Potato starch

This is a fine white flour made from potatoes, and has a light potato flavour which is undetectable when used in recipes. It's one of the few alternative flours that keeps very well provided it is stored in an airtight jar, and somewhere cool and dark.

Gluten - free ✓ Wheat - free ✓

Quinoa (pronounced 'keen wa')

Quinoa is related to the plant family of spinach and beets. It has been used for over 5,000 years as a cereal, and the Incas called it the mother seed. Quinoa provides a good source of vegetable protein and it is the seeds of the quinoa plant that are ground to make flour. It's a rarity to find quinoa flour in the UK, although quinoa itself is widely available.

Gluten - free ✓ Wheat - free ✓

Sorghum

This is a relatively new flour on the market, and not readily available in the UK. It is ground from sorghum grain, which is similar to millet. The flour is used to make porridge or flat unleavened breads. It is an important staple in Africa and India. This flour stores well under normal temperatures.

Gluten - free ✓ Wheat - free ✓



Soya

Soya flour is a high protein flour with a nutty taste. It is not generally used on its own in recipes, but when combined with other flours is very successful as an alternative flour. Can be used to thicken recipes or added as a flavour enhancer. It needs to be carefully stored as it is a high fat flour and can go rancid if not stored properly. A cool, dark environment is recommended and can even be stored in the refrigerator.

Gluten - free ✓ Wheat - free ✓

Tapioca

Tapioca flour is made from the root of the cassava plant, once ground it takes the form of a light, soft, fine white flour. Tapioca flour adds chewiness to baking and is a good thickener. Although difficult to source in the UK tapioca flour is an excellent addition to any wheat free kitchen. It's a fairly resilient flour, so storing at room temperature is no problem.

Gluten - free ✓ Wheat - free ✓

Teff

Teff comes from the grass family, and is a tiny cereal grain native to northern Africa. It is ground into flour and used to prepare injera, which is a spongy, slightly sour flat bread. It is now finding a niche in the health food market because it is very nutritious, although currently it's a rarity to find in the UK.

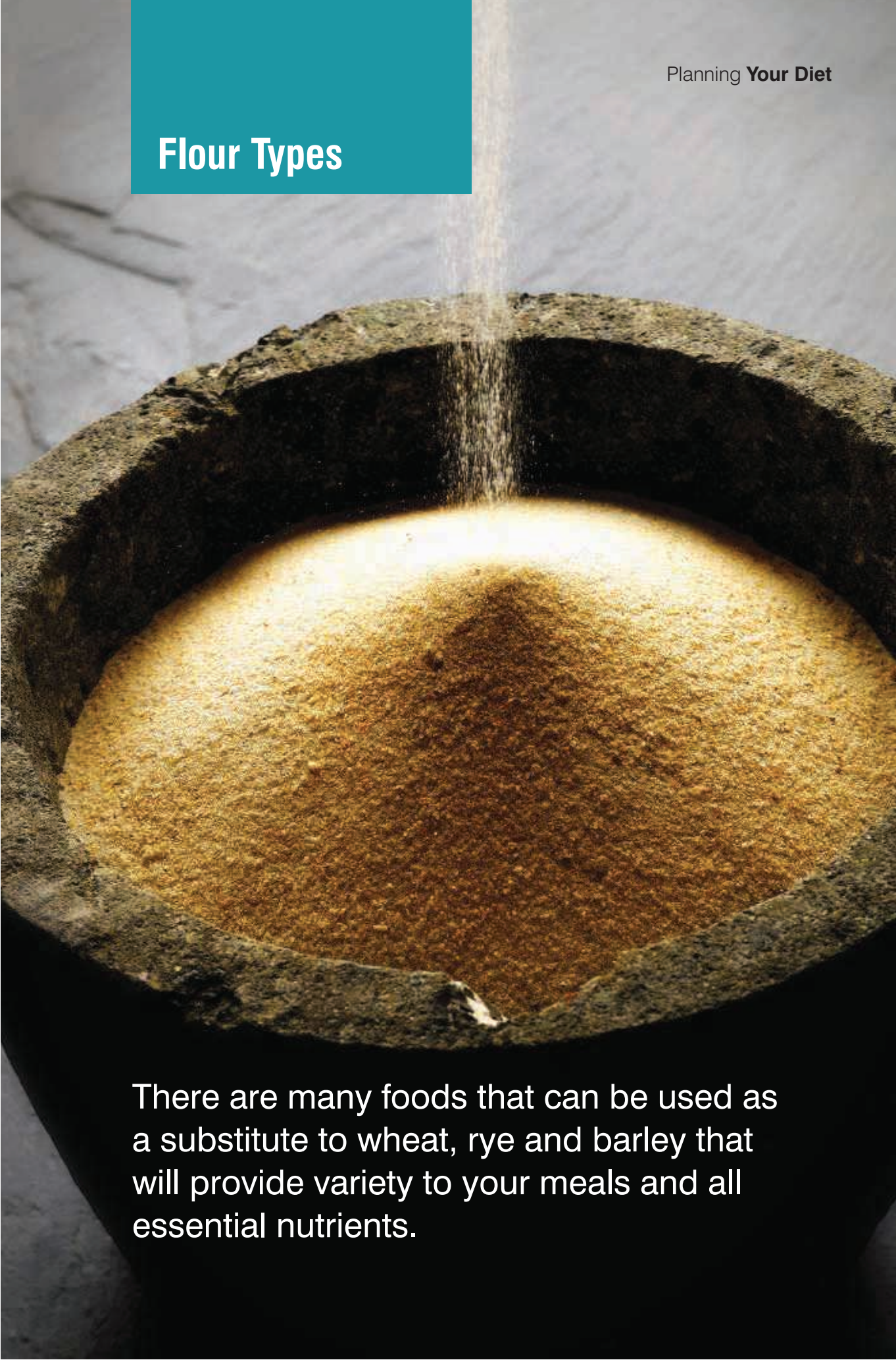
Gluten - free ✓ Wheat - free ✓

White rice

This flour is milled from polished white rice so it is very bland in taste, and not particularly nutritious. White rice flour is ideal for recipes that require a light texture. It can be used on its own for a variety of recipes and has a reasonable shelf life, as long as it is stored in an airtight container to avoid it absorbing moisture from the air.

Gluten - free ✓ Wheat - free ✓

Flour Types



There are many foods that can be used as a substitute to wheat, rye and barley that will provide variety to your meals and all essential nutrients.

Gluten-free Meal ideas

BREAKFASTS

Poached, boiled or scrambled egg on gluten-free toast (eg *Genius*, *Glutafin*) ● Buckwheat pancakes and dried fruit conserve (see recipes) ● Gluten-free muesli (eg *Alara* or home-made – see recipes) ● Smoked haddock with mushrooms, tomatoes and gluten-free toast (eg *Sunnyvale Flax corn rice sourdough bread*) ● Cornflakes or Rice Krispies with sliced banana, yoghurt and salt-free nuts and raisins ● Fruit salad with mixture of nuts, seeds or millet flakes ● Natural or Greek yoghurt with nuts, fruit, seeds or honey ● Porridge oats/flakes (eg *Nairns gluten-free*, *Barkat*) with skimmed milk, honey and chopped fruit ● Half grapefruit with gluten-free toast (eg *Dietary Specials Multigrain*, *Glutafin*) and peanut butter ● Pancakes (made from rice flour and milk) with fruit salad and Greek yoghurt ● Chocolate Pops (eg *Hale and Hearty*) with skimmed milk and sliced bananas ● Bacon, egg, baked beans and gluten-free sausages (eg *Black Farmer*) ●

LUNCHES

Home-made soup with gluten-free bread (eg *Biona* millet bread) ● Jacket potato and salad with a filling such as cheese, beans, tuna, prawns or sweetcorn ● Sardines, mackerel or pilchards with gluten-free crackers (eg *Orgran Buckwheat crispbread*) ● Rice noodles (eg *Clearspring*, *Orgran*) and stir-fry vegetables ● Beans on buckwheat bread toast (see recipes) ● Crackers (eg *Glutafin*) or rice-cakes with cheese, tomato, hummus ● Rice or quinoa salad with sultanas, almonds, walnuts, cashew nuts, sunflower seeds, or sesame seeds ● Prawn mayonnaise open sandwich on rice and corn bread (eg *Glutano* rice and corn bread) with rocket leaves and cucumber ● Gluten-free pizza and mixed salad (eg *Biona*, *Dietary Specials*, *Rizopia*) ● Homemade pizza (with polenta base) and green salad ● Corn Pasta (eg *Orgran*, *Dietary Specials*) salad with chicken, mayonnaise, sweetcorn and mixed green leaves ● Prawn risotto with brown rice or quinoa with asparagus, beans, mushrooms, parsley ●

DINNERS

Broccoli and cauliflower cheese with a jacket potato and mixed salad ● Roast chicken breast with roast potatoes, vegetables and gluten-free gravy and stuffing (eg *Barkat*, *Allergycare*, *Kallo*, *Free and Easy*) ● Fresh grilled sardines and green salad ● Stir-fry vegetables with chicken, nuts, beans or *Quorn* with rice or rice noodles (eg *Clearspring*, *Orgran*) ● Poached salmon with new potatoes, broccoli, green beans ● Salmon quiche made with gluten-free pastry (eg *Gluten-Free Pastry company*) ● Chilli con carne with brown rice or rice noodles ● Spaghetti bolognese with corn pasta or rice noodles (eg *Orgran*, *Dietary Specials*) or *Gluten-free pasta* (eg *Glutafin*) ● Corn pasta (eg *Barkat*, *Orgran*) with tomato sauce, spring onions, sweetcorn, pine nuts and fresh herbs. (Alternate with buckwheat, quinoa or rice and quinoa pasta eg *Hale and Hearty*) ● Cod with gluten-free breadcrumbs (from gluten-free bread or use corn-flakes) with new potatoes and vegetables ● *Quorn* and sweetcorn escalopes (with *gluten-free breadcrumbs*) ● Roast beef and Yorkshire pudding (*Orgran buckwheat pancake mix*) and vegetables ●

SNACKS

Fresh fruit ● Dried fruit, nuts and seeds ● Raw vegetable crudites with hummus, taramasalata or guacamole ● Poppadoms (made from lentil, chickpea, gram or potato flour), with gluten-free dips ● Low-fat 'live' yoghurt (eg *Activia*) ● Rice cakes (eg *Kallo*) with sliced bananas, cottage cheese, sesame spread, peanut butter or sugar-free jam ● Gluten-free crispbreads (eg *Orgran*) with topping as for rice cakes ● Low-sugar and gluten-free muesli bars (see recipes) ● Gluten-free savoury snacks such as rice crackers, tortillas, potato crisps (eg *Clearspring*, *Whole Earth*, *Biona*) ● Corn chips or poppadoms made from dhal flour ● Scones, biscuits, cakes made from buckwheat, rice, corn flour or gluten free flours (eg *Doves Farm*, *Glebe Farm*) ● Jam tarts made with gluten-free sweet pastry (eg *Gluten Free Pastry Company*) ●



Gluten-free Recipes

Potato and Rice Cake

(wheat, barley, oats and rye-free)

This is a white bread which is delicious when freshly baked, and also makes good toast. It tastes rather like crumpets.

Ingredients:

- 250g (10oz) potato flour
- 200g (8oz) brown rice flour
- 1.5 packets easy yeast
- 1 tbsp olive oil
- 425ml ($\frac{3}{4}$ pt) hand-hot water
- 1 tsp sugar
- $\frac{1}{2}$ to 1 tsp salt
- 2 x 500g (1lb) loaf tins

Preparation:

1. Mix together flours and easy yeast.
2. Add sugar, oil and salt and mix to a thick batter with the hand-hot water.
3. Grease and flour the 2 loaf tins, cover and leave to rise in a warm place for 20-30 minutes.
4. Bake at 230°C/450°F/Gas mark 8. for 35-40 minutes.
5. The bread will contract slightly from the side of the tins when it is cooked.
6. Cool for 5 minutes in the tins and then turn out on to a wire rack.

Makes 8 slices per loaf

Muesli

(wheat, barley, oats and rye-free)

Ingredients:

- 1 cup Cornflakes
- $\frac{1}{2}$ cup chopped pecan nuts
- 1 cup Rice Krispies
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup sunflower seeds
- $\frac{1}{2}$ cup chopped apricots
- $\frac{1}{2}$ cup chopped almonds
- Handful pine nuts

NB 1 cup = 250 mls

Preparation:

1. Chop the apricots, almonds and pecan nuts.
2. Mix together with the dry ingredients and raisins.
3. Serve with chopped fresh fruit, a little natural Greek yoghurt and semi-skimmed milk.

Serves 6-8

Can be stored in a sealed container for a few days.



Potato Shortbread

(wheat, oats, barley and rye-free)

Ingredients:

- 150g (6oz) potato flour
- 50g (2oz) rice flour
- 100g (4oz) butter or spread (eg Pure)
- 75g (3oz) ground almonds

Preparation:

1. Put all ingredients in to a food processor and beat together for 5-6 seconds.
2. Scrape bowl and repeat the process until a ball of dough is formed.
3. Put dough into a greased 7-8 inch (17.5-20 cm) round sandwich tin and press down evenly.
4. Mark out portions with a knife, prick all over and bake at 180°C/350°F/Gas mark 4 for 35-40 minutes.
5. Cut into wedges and cool in tin.

Makes 8 slices

Lemon and Almond Cake

(wheat, oats, barley and rye-free)

Ingredients:

- 175g soft butter or spread (eg Pure)
- 175g caster sugar
- 3 eggs
- 175g brown rice flour
- 150g ground almonds
- 2 lemons
- Grated rind and juice of 1 lemon
- 2 tsp clear honey
- ½ tsp almond essence

Preparation:

1. Pre-heat the oven to 160°C/320°F/Gas mark 3.
2. Grease and base line a 20cm loose-bottomed round cake tin.
3. Place the butter, caster sugar, eggs, brown rice flour, ground almonds, almond essence and grated rind and juice of 1 lemon into a large mixing bowl.
4. Mix well and beat with a wooden spoon or electric mixer until light and fluffy.
5. Turn the mixture into the cake tin and smooth the top.
6. Pare the rind and pith of the 2 lemons, then slice into thin round slices and place on top of the cake.
7. Bake for 50-60 minutes until golden and firm.
8. Cool in the tin for 10 minutes then release the sides and cool on a wire rack.
9. Warm the honey and brush over the cake.
10. Serve immediately.

Serves 8-10.



Rich Shortcrust Pastry

Ingredients:

- 85g/3oz rice flour
- 85g/3oz gram flour
- 30g/1oz cup buckwheat flour
- ½ tsp sea salt
- 125g/4oz butter or spread (eg Pure)
- 1 beaten large egg
- 1-2 tbsp water

Preparation:

1. Sift rice flour, gram flour, buckwheat flour and sea salt into a large mixing bowl.
2. Cut butter or spread into small cubes and, using cold fingertips. Rub it into the flours until the mixture resembles fine breadcrumbs.
3. Make a well in the centre and add egg, mixing lightly with a round-bladed knife so that the mixture begins to hold together. It needs to form a dough with a little extra moisture at the base of the bowl. If it is too dry, gradually add 1-2 tbsp chilled water to make it quite sticky. If too sticky, add some rice flour.
4. Shape the pastry into a ball. Wrap in greaseproof paper and put in the fridge for 30 minutes. This amount will line a 25cm/10 inch tart tin, 3cm/1¼ inch deep, or 5 x 12cm/5 inch tartlet tins, 2cm/¾ inch deep.

Note: this pastry is very fragile and needs to be handled with great care.



Fruity Cakes

(wheat, oats, barley, rye-free)

Ingredients:

- 100g butter or spread (eg Pure)
- 100g caster sugar
- 2 eggs, beaten
- 200g Trufree No 7 flour or combination of corn and rice flour
- 100-150g mixed raisins, currants and sultanas

Preparation:

1. Cream butter (or spread) and sugar until light and fluffy.
2. Add eggs gradually, then fold in the flour.
3. Next, stir in all of the mixed dried fruit.
4. Put mixture into individual cake cases and bake at 190°C/375°F/Gas mark 5 for 15 -18 minutes until risen and golden.
5. Alternatively, you can place all the mixture in a 500g loaf tin and cook at 180°C/350°F/Gas mark 4 for 20-25 minutes for a sweet fruit loaf.

Makes 10 cakes

Grocery List for **Gluten-Free Diet**

Many foods contain **Gluten** so it is always important to read the ingredient labels carefully before purchase

Fruit and Vegetables

Lettuce / Mixed leaves

Tomatoes

Avocado

Radish

Beetroot

Onions

Cabbage

Mushrooms

Peas

Sweetcorn

Broccoli

Cauliflower

Garlic

Carrots

Green beans

Sweet potatoes

Baking potatoes

Oranges / Satsumas

Strawberries

Raspberries

Blueberries

Bananas

Apricots

Frozen fruit

Dried fruit

Meat, Fish, Eggs and Alternatives

Chicken

Turkey

Beef (occasional)

Wild game

Fresh fish – salmon, mackerel, trout

Tinned fish – pilchards, salmon, sardines, tuna (occasionally)

Prawns

Eggs

Tofu

Beans and Pulses

Kidney/haricot/pinto/cannellini/

aduki/black-eye/butter beans

Mixed organic beans (tinned is fine)

Chickpeas (add to soups & salads)

Lentils (mix with rice)

Organic baked beans

Dairy and Dairy Alternatives

Milk – skimmed, semi-skimmed

almond/rice/coconut/oat milk

Soya milk and yoghurts

Cheese (in moderation)

Cottage cheese

Feta / Mozzarella

Goat / Sheep milk

Natural bioyoghurt

Organic Spread (eg Pure, Biona)

Butter

Fruit yoghurts (in moderation)

Rice and Pasta

Gluten-free spaghetti or lasagne

(eg Dietary Specials)

Basmati or brown rice

Buckwheat pasta (eg Orgran)

Rice or buckwheat noodles

(eg Clearspring or Orgran)

Quinoa

Corn pasta

(eg Orgran, Dietary Specials)

Buckwheat pancake mix

(eg Orgran)

Bread and Snacks

Gluten-free bread and rolls

(eg Genius, Biona, Barkat,

Glutafin, Dietary Specials,

Ener-G, Livwell, Proceli,

Tesco, Sainsburys, Waitrose, Asda)

Gluten-free Oatcakes (eg Nairns)

Rice Cakes (eg Kallo)

Gluten-free crackers (eg Orgran)

Multigrain Corn Thins

(eg Realfoods)

Snacks

Dips – hummus, guacamole

Raw nuts – brazils, almonds,

cashew, pecans, walnut

Raw seeds – pumpkin, sunflower,

sesame, flax/linseed

Peanut butter (eg Whole Earth)

Protein Balls (eg Bounce)

Wholebake snacks (eg 9Bar)

Fruit conserve

Dressings – mayonnaise

(eg Plamil, Granovita), olive oil &

balsamic vinegar

Gluten-free biscuits

(eg Barkat, Glutafin)

Breakfast cereals

Homemade muesli (oats, rice

flakes, buckwheat flakes, flaked

coconut, dried dates, raisins,

pumpkin & sunflower seeds, nuts)

Gluten-free muesli (eg Alara)

Porridge or millet (warmed with milk)

Oat Cereal (eg Oatibix)

Rice & Buckwheat Cereal

(eg Doves Farm)

Gluten-free porridge/flakes

(eg Barkat, Hale and Hearty)

Gluten free oats and muesli

(eg Glebe Farm)

Drinks

Fruit juice – orange, apple, tomato

WATER

Smoothies (eg Innocent)

Herbal teas – peppermint, fruit tea

Rooibosch

Other

Gluten-free plain or self-

raising flour (eg Doves Farm) -

use in place of wheat flour for

baking (add guar gum and extra

liquid for consistency)

Xanthum gum or guar gum are

useful gluten substitutes

Cake mixes (eg Glebe Farm)

Gluten-free pastry

(eg Gluten-Free Pastry Company)

Herbs/ Spices

Planning Your Diet



Eating and Cooking without Herbs/Spices

These foods are relatively straightforward to eliminate from your diet, and involve a simple replacement with other foods from the **NORMAL** list of your results.

Foods to be aware of:

- **Ready meals**
- **Take-aways** eg Indian, Chinese, Mexican
- **Soups**
- **Pies**
- **Desserts**
- **Cakes**
- **Biscuits**
- **Savoury biscuits**
- **Crisps**
- **Sweets**
- **Sauces**



Meat

Planning Your Diet

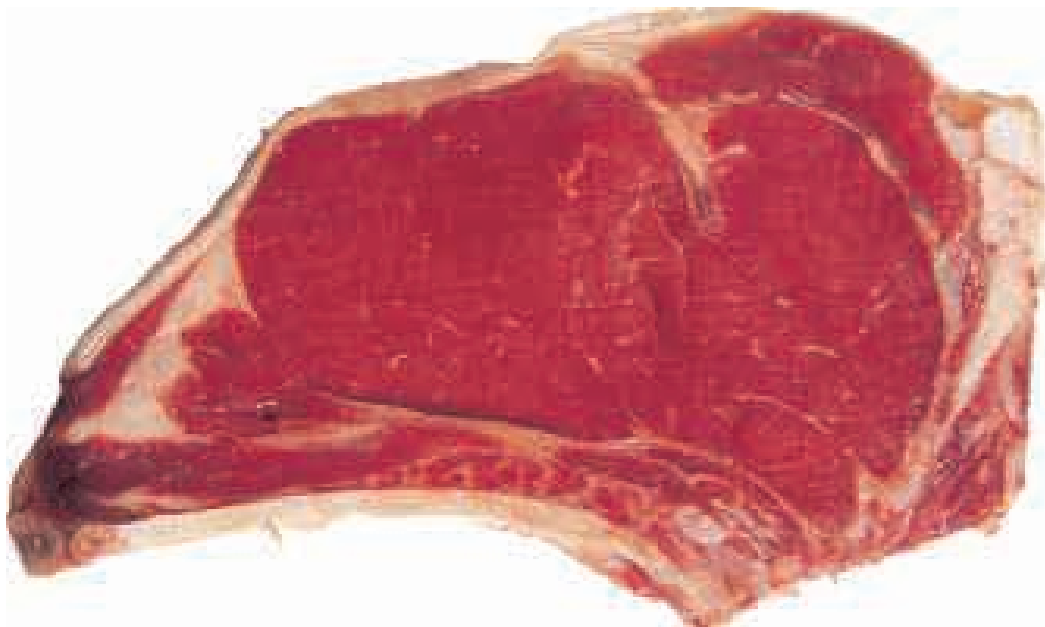


Eating and Cooking **without Meat**

These foods are relatively straightforward to eliminate from your diet, and involve a simple replacement with other foods from the **NORMAL** list of your results.

Foods to be aware of:

- **Ready made main dishes**
- **Pies**
- **Casseroles**
- **Soups**
- **Pates**
- **Pasta dishes**
- **Sausages**
- **Tinned meats**
- **Sauces**



Nuts

Planning Your Diet



Eating and Cooking **without Nuts**

These foods are relatively straightforward to eliminate from your diet, and involve a simple replacement with other foods from the **NORMAL** list of your results.

Foods to be aware of:

- Cereals
- Breads
- Cakes
- Biscuits
- Pastries
- Cake coverings
- Desserts
- Ice-creams
- Sweets/chocolate
- Stuffings
- Vegetarian foods
- Chinese dishes
- Indian dishes



Vegetables

Planning Your Diet



Eating and Cooking **without Vegetables**

These foods are relatively straightforward to eliminate from your diet, and involve a simple replacement with other foods from the **NORMAL** list of your results.

Foods to be aware of:

- **Salads**
- **Soups**
- **Vegetarian dishes**
- **Stir fries**
- **Oriental dishes**
- **Ready meals**
- **Pies**



Soya

Planning Your Diet



Eating and Cooking without Soya

If your results have shown an **ELEVATED** reaction to soya it is recommended that you avoid or reduce your consumption of soya.

Soya is favoured by vegetarians as it is an excellent source of protein, is low in saturated fats and is cholesterol free.

For vegetarians whose main source of protein is soya, it is important that protein is supplemented through alternative food sources.

Note: Soya may be hidden in many foods and so it is important to always read the food ingredient labels carefully before purchase. Across is a checklist of the main product ingredients that may contain soya.

Foods to avoid

Soya can be found in many foods such as:

- Soya beans, green soybeans (eg in edamame)
- Soya sauce (tamari, shoyu, teriyaki sauce)
- Soya yoghurt, dairy-free yoghurts
- Soya milk, dairy-free milks, coffee substitutes, non-dairy creamers
- Soya-nut butter
- Soya nuts
- Some processed cheeses
- Tofu and tofu products, textured vegetable protein
- Vegetarian and meat ready-meals
- Hot dogs, sausages
- Instant potatoes, dry pizza mixes
- Vegetarian 'meat' products such as veggie burgers and veggie sausages
- Some breads, bread rolls and crackers may contain soya
- Canned and packaged foods
- Biscuits, frozen foods, pizzas and noodles
- Pancake mixes
- Chocolate, breakfast cereals, ice-cream, margarine, sweets
- Infant formulas, soya-based
- Non-dairy frozen desserts
- Tuna (canned, "packed in water"- read the fine print: most contain vegetable broth, which is made from soybeans)
- Oyster sauce (most brands contain soya protein)
- Vegetable broth (frequently contains hydrolysed vegetable protein from soya)
- Non-dairy whipped topping
- Commercially made cakes, dumplings, ice-cream cones, pies, puddings, doughnuts
- Pretzels, potato crisps, corn chips
- Worcestershire sauces, some steak sauces
- Commercial soups





What to look for (and avoid) on food ingredient labels:

Soya protein is derived from soya bean and is processed into:

- Soya mince
- Soya flour
- Soya cream
- Soya oil (*though safe for the majority of soya-intolerant people*)
- Soya cheese
- Soya nuts
- Soya meal
- Soya chunks
- Soyafibre
- Soya lecithin (*extracted from soya oil, though safe for the majority of soya-intolerant people*)
- Soya yoghurt
- Soya milk
- Soya sprouts
- Soya margarine
- Soya isolate fibre (also known as structured protein fibre [SPF])
- Soya flour (used in most muffins, some doughnuts, many breads and other bakery goods)
- Soya grits
- Soya protein isolates (isolated soya protein)
- Soya protein, textured
- Soya flakes
- Soya sauces
- Shoyu
- Miso
- Tamari
- Tempeh
- Teriyaki
- Tofu
- Textured Vegetable Protein (TVP)
- Natto
- Yuba
- Hydrolysed vegetable protein (HVP)
- Okara
- Soya bran
- Textured soya flour (TSF)





Alternative foods to eat and useful tips for soya-free baking

It is relatively easy to avoid soya unless you are a vegetarian or vegan who relies on soya as a meat substitute, however the following foods are all soya-free:

- Breads, rolls, bagels, crackers, waffles, pancakes not containing soya flour or soya milk
- Cereals not containing soya such as *Weetabix*, porridge oats
- Rice, wild rice, brown rice, potato, sweet potato, soya-free noodles, macaroni, pasta, couscous
- Grains such as quinoa, amaranth, millet and buckwheat
- Lentils, beans eg kidney beans, aduki beans and chickpeas
- Fresh, frozen and canned vegetables
- Fresh, cooked, canned and dried fruits
- Cow's, goat's, sheep's milk, cheese and yoghurts
- Rice, oat, almond, coconut, hazelnut, quinoa and hemp milks
- Plain meats, most cheeses, eggs
- All nuts except soy nuts, seeds
- Home-made ice-cream, pastries, puddings, puddings, pies, cakes, doughnuts
- Home-made sauces
- Honey, jelly, jam, sugar
- Home-made popcorn, rice cakes
- Butter
- Soya-free spreads
- Avocado, tahini (sesame paste) and nut butters
- Home-made salad dressing and mayonnaise
- Fresh spices and seasonings
- Fresh beef or chicken stock
- Coffee, tea, fruit juices, carbonated beverages, vegetable juices
- Home-made soups, noodle soups made with soya-free noodles
- Vegetable oils (rapeseed, sunflower) and olive oil
- Cashew, almond and oat cream (eg *Oat Supreme*)
- Soya-free ice-cream (eg *Oat Supreme*)



Refer to **Food Directory – Vegetables; Soya-free Meal ideas** and **Websites for free-from foods** for further information.



Soya-free Recipes

Almond/ Cashew Cream

(an alternative vegan cream)

Ingredients:

- 1 cup almonds or cashews
- ½ cup water
- ½ teaspoon vanilla, optional
- 1 tablespoon maple syrup, optional

Blend together, chill and serve.

Note: 1 cup = 250 ml

Homemade Vanilla Ice Cream

Ingredients:

- ½ pint (250ml) single/light cream
- small tin of condensed milk
- 1-2 teaspoons vanilla extract (according to taste)

Preparation:

Pour all ingredients into a mixing bowl and mix until smooth.

Transfer the whole mixture into an ice cream maker and freeze according to the manufacturer's instructions.

Carrot, Apple and Raisin Cake

Ingredients:

- 225g/8oz self-raising flour
- ½ tsp baking powder
- ½ tsp salt
- 1 tsp ground cinnamon
- 5 tbsp vegetable oil
- Grated zest of 1 orange plus 4 tbsp juice
- 140g/5oz muscovado sugar
- 140g/5oz finely grated carrot
- 1 medium eating apple, peeled, cored, and grated
- 85g/3oz raisins
- 50g/2oz pumpkin seeds
- Icing sugar, for dusting

Preparation:

1. Heat oven to 180°C/fan 160°C/Gas mark 4.
2. Grease a 20cm round cake tin. Mix the flour, baking powder, salt and cinnamon in a large bowl.
3. In a separate bowl mix together the oil, orange juice and sugar
4. Add the orange mixture to the flour along with the grated carrot and apple, orange zest, raisins and pumpkin seeds.
5. Then stir until really well mixed. Spoon into the prepared tin.

Bake for 50 mins – 1 hr until the cake pulls from the side of the tin. Cool on a rack before removing from the tin. Dust with icing sugar and serve.

Grocery List for **Soya-Free** Diet

Many foods contain **Soya** so it is always important to read the ingredient labels carefully before purchase

Fruit and Vegetables

Lettuce / Mixed leaves
Tomatoes
Avocado
Radish
Beetroot
Onions
Cabbage
Mushrooms
Peas
Sweetcorn
Broccoli
Cauliflower
Garlic
Carrots
Green beans
Sweet potatoes
Baking potatoes
Oranges/satsumas
Strawberries
Raspberries
Blueberries
Bananas
Apricots
Frozen fruit
Dried fruit

Meat, Fish, Eggs and Alternatives

Chicken
Turkey
Beef (occasional)
Wild game
Fresh fish – cod, haddock, tuna, salmon, mackerel, trout
Tinned fish – pilchards, salmon, sardines, tuna (occasionally)
Prawns
Eggs

Beans and Pulses

Kidney/haricot/pinto/cannellini/ aduki/black-eye/butter beans
Mixed organic beans
(tinned is fine)
Chickpeas
(add to soups & salads)
Lentils (mix with rice)

Dairy and Dairy Alternatives

Milk – skimmed, semi-skimmed
almond/rice/coconut/oat milk
Cheese (in moderation)
Cottage cheese
Feta / Mozzarella
Goat / Sheep milk
Natural bioyoghurt
Organic Spread (eg Pure, Biona)
Butter
Fruit yoghurts (in moderation)

Rice and Pasta

Wholewheat or spelt pasta
Basmati or brown rice
Organ Buckwheat pasta or
Brown rice pasta
Brown rice spaghetti (Waitrose)
Rice or buckwheat noodles
Quinoa
Spaghetti

Bread and Snacks

Seeded or Granary bread
Rye or Pumpernickel bread
(eg Schneider Brot rye bread)
Village Bakery Borodinsky bread
Livwell bread & multigrain buns
Oatcakes (eg Nairns)
Rice Cakes
Ryvita – seeded or plain Multigrain
Corn Thins (eg Realfoods)

Snacks

Dips – hummus, guacamole
Raw nuts – brazils, almonds, cashew, pecans, walnut
Raw seeds – pumpkin, sunflower, sesame, flax/linseed,
Whole Earth peanut butter
Bounce Protein Balls
Wholebake 9Bar snacks
Fruit conserve
Dressings – dairy free
mayonnaise (eg Plamil, Granovita),
olive oil & balsamic vinegar

Breakfast cereals

Homemade muesli
(oats, rye and barley flakes, buckwheat flakes, rice flakes, flaked coconut, raisins, dried dates, pumpkin & sunflowerseeds, nuts)
Porridge or millet (warmed with milk)
Oat cereal (eg Oatibix)
Cornflakes / Rice Crispies / Shreddies
Doves Farm Rice & Buckwheat Cereal

Drinks

Fruit juice – orange, apple, tomato
WATER
Smoothies (eg Innocent)
Herbal teas – peppermint, fruit tea
Rooibosch



Yeast

Planning Your Diet



Eating and cooking without Yeast

If your results have shown an **ELEVATED** reaction to Baker's or Brewer's Yeast it is recommended that you avoid or reduce or cut down on your consumption of yeast.

Yeast is used in food preparation and is a good source of B vitamins but these can also be obtained from other foods such as meat, fish, whole grains, nuts and dark green leafy vegetables. Live yeast is also used in the preparation of many alcoholic drinks which should therefore be avoided and substituted with low-yeast options.

Of all the foods to avoid, yeast is probably the most difficult as it is hidden in so many processed foods, therefore it is vital that you plan ahead before you start your yeast-free diet.

As Baker's and Brewer's Yeast are two strains of the same organism, it is likely that if you react to one you may react to the other. If your results show elevated to either, it is advisable to avoid all foods that contain yeast as well as sugary foods and refined carbohydrates that may stimulate growth of yeast in your digestive tract. It is also advisable to avoid damp conditions and moulds in the environment.





Foods to avoid

- Baker's yeast, Brewer's yeast
- Breads, pizza bases, pastries such as croissants, that are raised with yeast
- Some flat breads, for example pitta and naan breads contain a small amount of yeast which allow them to rise when cooked producing 'pockets'
- Some sourdough and pumpernickel breads are made using yeast and a lactobacillus culture
- Yeast extract such as *Marmite*, *Vegemite*, *Bovril*, stock cubes and gravies
- Fermented food and drink such as beer, wine, cider, spirits, ginger ale, vinegar, soy sauce and dressings
- Tempeh, miso and tamari (Japanese/Indonesian seasonings made by fermenting soya beans)
- Vinegar containing foods such as pickles, relishes, salad dressings, tomato ketchup, mayonnaise, Worcestershire sauce, horseradish and chilli sauce
- Mushrooms, mushroom sauce, truffles closely related to yeast.
- Pickled, smoked and dried fish, meat and poultry
- Cured pork bacon
- Peanuts and peanut products
- Pistachios
- Ripe foods especially very ripe cheeses such as Brie and Camembert
- Malted milk, malted drinks and home-made ginger beer
- Textured vegetable protein, *Quorn* (mycoprotein) and tofu
- Dried fruits (figs, dates, raisins, apricots etc)
- Over-ripe fruit, any unpeeled fruit
- Fruit juices – only freshly squeezed are yeast-free
- Ingredients labels with hydrolysed protein, hydrolysed vegetable protein or leavening
- Citric acid and sodium monoglutamate may be derived from yeast
- Some nutritional supplements – check label



Yeast may be hidden in many foods and so it is important to always read the food ingredient labels carefully before purchase.

What to look for (and avoid) on food labels:

- Baker's yeast
- Brewer's yeast
- Hydrolysed protein
- Hydrolysed vegetable protein
- Leavening, yeast

Alternative foods to eat...

The following list of foods are low yeast options:

- Pasta, brown rice, brown flours, corn, wild rice, buckwheat, couscous, barley, millet
- Rice cakes, oat cakes, corn tortillas, tacos, rye-crispbreads (*eg Ryvita*)
- Home-made breads (with baking powder/bicarbonate soda for leavening). Muffins, biscuits, chapatis, Irish soda bread
- Flatbreads that do not contain yeast *eg* matzos and flour tortillas
- Pancakes and crepes use baking soda or baking powder instead of yeast
- Fresh, frozen or tinned vegetables and vegetable juice. Particularly good are onions, garlic, green leafy vegetables such as cabbage, broccoli, kale, Brussels sprouts, spring greens, mange-tout etc
- Salad vegetables such as salad leaves, herbs, rocket, spinach, peppers, alfalfa sprouts, avocado etc
- Peas, beans, lentils
- Free range, organic poultry, lamb, pork, beef, veal
- Fish especially mackerel, sardines, cod, salmon, herring, tuna, trout
- Shellfish
- Free-range eggs, cottage cheese, plain organic live yoghurt (the *lactobacilli* content will encourage healthy gut flora)
- Non-citrus fruits such as blackcurrants, strawberries, tropical fruits (pineapple, papaya, mango, kiwi, banana etc)
- Freshly cracked nuts (especially cashews, hazelnuts, almonds, and pine nuts), seeds (sesame, sunflower and pumpkin), mild spices, ginger, fruit and herb teas, cold pressed oils (such as olive, sunflower, rapeseed, walnut and sesame)
- Garlic, onions, cinnamon, oregano, coconut, ginger, rosemary, olive oil
- Champagne, Tequila, gin and vodka are low yeast options

Refer to Food-Directory – **Yeast**; **Yeast-free meal ideas** and **Websites for free-from foods** for further help and ideas.



...and useful tips for yeast-free baking

- Soy sauce can be replaced with toasted sesame oil
- Lemon juice can be used instead of vinegar
- Baking powder or baking soda can be used instead of yeast



Yeast-free *Meal* ideas

BREAKFASTS

Poached, boiled or scrambled egg on soda bread ● Pancakes with bananas and yoghurt ● Home-made muesli with milk or yoghurt and fresh fruits ● Plain omelette with tomatoes and soda bread ● Baked beans on yeast-free toast (eg *Sunnyvale*) ● Fruit salad with mixture of nuts, seeds or millet flakes ● Natural or Greek yoghurt with nuts, fruit, seeds or honey ● Rice cakes or crackers with cashew nut spread, sesame spread or sugar-free jam (eg *Kallo rice cakes*) ● Porridge oats (eg *Nairns* gluten-free) with skimmed milk, and chopped fresh fruit such as bananas, raspberries and blueberries ● Toast using home-made bread (made with baking powder) and cashew nut butter ● Pancakes with raspberries and blueberries and natural bioyoghurt ● Porridge Flakes (eg *Barkat*) with strawberries, milk or natural bio yoghurt ● Chocolate Pops (eg *Hale and Hearty*) with skimmed milk and sliced bananas ● Multigrain O's with quinoa (eg *Orgran*) with milk or natural bio yoghurt ●

LUNCHES

Home-made soup with yeast-free bread (eg home bread made with baking powder) ● Jacket potato and salad with a filling such as cheese, beans, tuna, prawns or sweetcorn ● Sardines, mackerel or pilchards with yeast-free crackers (eg *Ryvita*) ● Rice noodles (eg *Clearspring*, *Orgran*) and stir-fry vegetables ● Beans on toast made from hemp sprouted bread (eg *Sunnyvale*) ● Rice-cakes with cheese, tomato, hummus or nut spread ● Greek salad with feta cheese ● Rice or quinoa salad with sultanas, almonds, walnuts, cashew nuts, sunflower seeds, or sesame seeds ● Prawn mayonnaise open sandwich on sourdough bread (eg *Sunnyvale*) with rocket leaves and cucumber ● Yeast-free pizza and mixed salad (see recipes) ● Homemade pizza with polenta base and green salad ● Corn or buckwheat pasta (eg *Orgran*, *Dietary Specials*) salad with chicken, mayonnaise, sweetcorn and mixed green leaves ●

DINNERS

Broccoli and cauliflower cheese with a jacket potato and mixed salad ● Cod coated in yeast-free batter (eg *Barkat*) with oven chips and peas ● Fresh grilled sardines and green salad ● Stir-fry vegetables with chicken, nuts, beans or *Quorn* with rice or rice noodles (eg *Clearspring*, *Orgran*) ● Chicken curry with chapatis ● Poached salmon with new potatoes, broccoli, green beans ● Corn tacos with mince or beans with sour cream, guacamole and a salad ● Chilli con carne with brown rice or rice noodles ● Vegetable casserole (with lentils, carrots, onions, celery, tomatoes), boiled potatoes and green leafy vegetables ● Spaghetti bolognese with wholewheat or spelt pasta ● Corn pasta (eg *Barkat*, *Orgran*) with tomato sauce, spring onions, sweetcorn, pine nuts and fresh herbs ● Cod with yeast-free breadcrumbs (from home-made bread made with baking powder; or Irish soda bread; or crushed corn-flakes) with new potatoes and vegetables ● Roast beef and Yorkshire pudding (eg *Barkat Batter mix*) and vegetables ●

SNACKS

Fresh fruit such as strawberries, bananas, blueberries, raspberries ● Freshly cracked nuts and seeds ● Raw vegetable crudites with hummus, taramasalata or guacamole ● Poppadoms (made from lentil, chickpea, gram or potato flour), with dips ● Low-fat 'live' yoghurt (eg *Activia*) ● Rice cakes (eg *Kallo*, *Biona*) with sliced bananas, cottage cheese, sesame spread, cashew nut or sugar-free jam ● Rye crispbreads (eg *Ryvita*) with topping as for rice cakes ● Low-sugar muesli bars (eg *Doves*, *Lyme Regis*) ● Savoury snacks such as rice crackers, tortillas, potato crisps (eg *Clearspring*, *Whole earth*, *Biona*) ● Corn chips or poppadoms made from dhal flour ● Scones, biscuits, cakes made with reduced sugar ● Raisin sprouted wheat bread with butter (eg *Sunnyvale*) ●



Yeast-free Recipes

Sweet Potato Bread

This wheat-, egg-, dairy-, yeast-free recipe uses flaxseed as a binding ingredient as an alternative to eggs. The natural sweetness of the sweet potato makes the maple syrup optional.

Ingredients:

- 1 medium sweet potato
- 2 tbsp flaxseed, ground, or 2 eggs
- $\frac{2}{3}$ cup water
- $\frac{1}{4}$ cup maple syrup (optional)
- $\frac{1}{4}$ cup safflower oil
- $\frac{1}{2}$ cup water
- 1 cup rice flour
- 1½ cup barley flour
- 1 tsp baking soda
- 1 tsp yeast free baking powder
(eg Allergycare)
- 1½ tsp ground cinnamon
- 1 tsp sea salt

NB 1 cup = 250 mls

Preparation:

1. Bake the sweet potato in a preheated 205°C/400°F/Gas mark 6 oven for 30 to 35 minutes, or until tender. Let cool, remove the flesh from the skin, mash the flesh, and set aside.
2. Preheat the oven to 175°C/350°F/Gas Mark 4.
3. Boil the flaxseed in $\frac{2}{3}$ cup water for 3 to 5 minutes, or until it is the consistency of egg whites (omit this step if using eggs).
4. Cream the flaxseed mixture or eggs with the maple syrup and oil in a large bowl until smooth and creamy.
5. Add the sweet potato and $\frac{1}{2}$ cup water to the flaxseed or egg and maple syrup mixture. Blend well.
6. Sift together the remaining ingredients and add to the liquid mixture. Stir just enough to blend the ingredients (mixing too long will make the batter too thick).
7. Pour the mixture into an oiled and floured 9-by-5-inch loaf pan and bake for 45 minutes. The bread is done when a knife inserted into the centre comes out clean.

Variations:

- Use yams, mashed potatoes, pumpkin, or pureed fruit instead of sweet potato and eliminate the $\frac{1}{2}$ cup added water
- Eliminate the maple syrup and use $\frac{1}{2}$ cup fruit juice in place of the $\frac{1}{2}$ cup water
- Substitute millet flour for rice flour

Makes one 23 x 12 cm / 9 x 5 inch loaf



Yeast-free Pizza

Ingredients:

- ½ cup cornstarch
- ½ cup rice flour
- ⅔ cup milk or milk substitution
- 2 eggs
- 1 teaspoon salt
- 1 tablespoons Italian spices
- Dash of garlic powder or salt

Preparation:

1. Mix gently, do not over-beat. Pour batter into greased pizza pan. Bake at 200°C/400°F/Gas mark 7 for 20 minutes.
2. For crispier crust, brush top with oil and bake five additional minutes. Add sauce and bake or freeze for future use.
3. Option: Cook on top of stove in a small frying pan like a crepe. Use medium-low heat, cook until set, do not brown.

Soda Bread

Ingredients:

- 80g/3oz potato flour
- 60g/2oz gram flour
- 150g/5½ oz rice flour
- 25g/1oz butter (chilled)
- 1 egg, beaten
- 75 ml sugar-free soya milk
- ½ tsp salt
- 1 tsp bicarbonate of soda

Preparation:

1. Preheat the oven to 200°C/400°F/Gas mark 6.
2. Lightly grease a baking tray with butter.
3. Sift potato flour, gram flour and rice flour into a large mixing bowl and stir in salt and bicarbonate of soda.
4. Cut chilled butter into small cubes and using cold finger-tips rub into the flours until the mixture resembles fine breadcrumbs.
5. Make a well in the centre and pour in egg and soya milk.
6. Mix well with a wooden spoon until all the ingredients are well combined, then bring together with your hands to form a ball of dough.
7. Turn the dough out onto a surface dusted with rice flour and knead briefly, ensuring there are no lumps. Shape into a flattened round and place onto prepared baking tray.
8. Cut a cross about 1cm deep on the top.
9. Bake in a hot oven for 30-35 minutes until it is lightly browned and risen and sounds hollow when tapped on the base. Transfer to a wire rack and leave to cool completely before serving.



Yeast may be hidden in many foods and so it is important to always read the food ingredient labels carefully before purchase.

Grocery List for Yeast-Free Diet

Many foods contain **Yeast** so it is always important to read the ingredient labels carefully before purchase

Fruit and Vegetables

Lettuce / Mixed leaves
Tomatoes
Avocado
Radish
Beetroot
Onions
Cabbage
Green beans
Peas
Sweetcorn
Broccoli
Cauliflower
Garlic
Carrots
Ginger
Cinnamon
Rosemary
Oregano

The following may be eaten in moderation:

Oranges / Satsumas
Strawberries
Raspberries
Blueberries
Bananas
Apricots
Frozen fruit

Meat, Fish, Eggs and Alternatives

Chicken
Turkey
Beef (occasional)
Wild game
Fresh fish – cod, haddock, tuna, salmon, mackerel, trout
Tinned fish – pilchards, salmon, sardines, tuna (occasionally)
Prawns
Eggs
Tofu

Beans and Pulses

Kidney/haricot/pinto/cannellini/ aduki/black-eye/butter beans
Mixed organic beans (tinned is fine)
Chickpeas (add to soups & salads)
Lentils (mix with rice)

Dairy and Dairy Alternatives

Milk – skimmed, semi-skimmed
unsweetened almond, rice, coconut and oat milk
Soya milk & unsweetened yoghurts
Butter
Cottage cheese
Feta
Goat / Sheep milk
Natural bioyoghurt
Organic Spread (eg Pure, Biona)

Rice and Pasta

Wholewheat or spelt pasta
Basmati or brown rice
Buckwheat pasta (eg Orgran)
Brown rice pasta
Brown rice spaghetti (eg Waitrose)
Rice or buckwheat noodles
Quinoa
Corn Pasta (eg Biona)

Bread and Snacks

Home-made breads (with baking powder/soda for leavening)
Irish soda bread
Yeast-free bread (eg Sunnyvale)
Crispbreads (eg Orgran)
Chapaties
Corn/ flour tortillas
Oatcakes (eg Nairns)
Rice Cakes (eg Biona, Kallo)
Ryvita – seeded or plain
Multigrain Corn Thins (eg Realfoods)
Matzos
Muffins
Pancakes / Crepes

Snacks

Dips – hummus, guacamole
Freshly cracked nuts – brazils, almonds, cashew, pecans, walnut
Raw seeds – pumpkin, sunflower
sesame, flax/linseed
Dressings – mayonnaise, olive oil & lemon juice

Breakfast cereals

Homemade muesli (oats, rye and barley flakes, buckwheat flakes, rice flakes, flaked coconut, pumpkin & sunflower seeds)
Porridge or millet (warmed with milk)
Oatibix (unsweetened)
Quinoa cereals (eg Orgran)
Amaranth flakes (eg Essential Trading)

Drinks

WATER
Herbal teas – peppermint, fruit tea
Rooibosch
Freshly squeezed fruit juice in moderation

Other

Ideally avoid alcohol but low yeast alcoholic drinks include gin, vodka and champagne
Baking powder (eg Allergycare)
Gravy Powder (eg Allergycare)
Stock cubes (eg Kallo)



A wooden honey dipper is shown pouring a thick stream of honey into a clear glass jar. The jar is partially filled with honey and has a string tied around its neck. The background is dark and textured.

Others

Planning Your Diet



Eating and Cooking without...Others

The following foods are relatively straightforward to eliminate from your diet, and involve a simple replacement with another food from the **NORMAL** list of your results.

The table below outlines further details and foods to be aware of:

Food	Foods to be aware of
Agar Agar	A vegetarian quick setting base derived from seaweeds. May be found in sweets, desserts, jellies, Asian and Chinese foods
Cane sugar	Cakes, biscuits, sweets, soft drinks, chocolate, desserts, yoghurts
Chestnut	Sweet chestnut or marron. Found in confectionary, desserts, cakes, roast chestnuts, chestnut puree, Corsican Beer
Cocoa Bean	Chocolate, desserts, chocolate drinks
Coffee	Cappuccino, latte, desserts, confectionary, cakes
Cola nut	The edible seed of trees of Cola genus native to Africa. May be found in soft drinks, desserts, ice-creams, cola drinks, sweets as a flavouring
Honey	Cereals, sweets, cakes, biscuits, glazes, hams
Mushroom	Soups, stir-fries, sauces, ready meals
Rapeseed	Seed of rape plant. Found in cooking oils, rapeseed oil, vegetable oils
Sesame seed	Breads, biscuits, savoury biscuits, tahini, Asian foods, Chinese foods
Sunflower seed	Breads, vegetable oils, salads
Tapioca	A starch extracted from the root of the cassava plant. Found in puddings, desserts, flatbreads, crackers, Asian and Indian foods
Tea	Your daily cuppa!



Diet

The importance
of a **Healthy,
Nutritious Diet**



Your diet has a direct effect on your health. Eating a balanced diet is recommended as it can help to prevent disease.

A balanced diet will include a regular supply of proteins, fats, carbohydrates, vitamins and minerals.



Proteins

Proteins (made up from amino acids) are important components of living cells and **are essential for normal body function as they play a vital role in virtually every process in the body.**

They are important for tissue growth and repair and are also required for muscle structure and function, enzyme production, immune protection, skin and bone health. They help to transport substances around the body and can provide a source of energy. While some protein is present in almost everything we eat, the richest sources of protein are meat, fish, poultry, eggs, soya, pulses, nuts and dairy products.





Fats

Fats are involved in many body processes and are important in maintaining the structure and function of cell walls and nerve tissue. They are a good source of energy, help to absorb certain vitamins and insulate the vital organs. Your brain is almost 60% fat!

Consequently, fats are an important part of our diet, however it is necessary to eat the right types of fat to obtain maximum health benefits.

The different types of fats are:

- **Poly-unsaturated fats**
Found in nuts, seeds (and their oils) and oily fish
- **Mono-unsaturated fats**
Found in avocados, olive and rapeseed oil
- **Saturated fats**
Found in red meats, sausages, butter, cheese, cream and palm oil
- **Trans and hydrogenated fats**
Found in cakes, biscuits, pastries and fast foods

Ideally you need to reduce your intake of harmful saturated, trans and hydrogenated fats which increase risk of obesity and cardiovascular disease and replace these with mono- and poly-unsaturated fats. These include essential fatty acids which the body cannot make itself and are vital for good health.



Carbohydrates

Carbohydrate is the collective term for the wide range of starches and sugars present in our diet, which are used as a principal source of energy. Carbohydrates tend to be divided into different groups depending on how quickly they can release energy for the body to utilise.

The different types are:

- **Complex carbohydrates**
or natural starches which are found in wholegrains, vegetables, fruits and pulses. These are broken down slowly by the body and provide a controlled, sustained energy source. They contain high levels of nutrients and fibre and are beneficial for healthy digestion, help to lower blood cholesterol levels and support cardiovascular health.
- **Simple carbohydrates**
or sugars are found in honey, molasses, fruits and fruit juices. These may cause your blood sugar levels to rise and fall rapidly, but this can be controlled if they are combined with complex carbohydrates, fibre, protein and fats.
- **Refined carbohydrates**
are processed commercially and lose many of their nutrients. They may also cause blood sugar levels to rise and fall rapidly. Sources include sugar, white flour and rice, sweets, cakes and biscuits, processed foods, cereals and soft drinks. Dietary levels should be kept to an absolute minimum.





Vitamins and Minerals

Although needed in much smaller quantities, vitamins and minerals are just as important as proteins, fats and carbohydrates as they are essential for the balance of hormones, production of energy and boosting the immune system; they are also vital for a healthy brain and nervous tissue, and for healthy skin and blood vessels.

The correct balance of these micronutrients can usually be achieved by eating a healthy nutritious diet. This means that you should eat a wide variety of fresh foods on a daily basis, including wholegrains, fruits and vegetables for an adequate supply. The vitamin and mineral content of foods can be affected by how fresh the food is, where it was grown and stored, and how it is cooked. The best advice is to eat locally produced fresh organic food as much as possible, and not to overcook.



Calcium

Calcium is important for bone and heart health and is involved in muscle activity, blood coagulation, nerve regulation and cell division.

Good Sources

Cheese, ricotta, fortified soy cheese, kidney beans, almonds, green leafy vegetables, molasses, seeds, salmon, fish bones.

Notes

Milk and cheese are traditionally quoted as being vital sources of calcium to avoid osteoporosis. If you are avoiding these sources you must ensure that adequate amounts of other calcium rich sources are included in your diet.

Magnesium

Important for bone health and involved in muscle function, nervous control, energy production and as a cofactor in enzyme reactions.

Good Sources

Spinach, beet, greens, broccoli, nuts, beans (*kidney, broad, soy*), peas.

Notes

Meat and animal produce also contain magnesium but it is not as easily absorbed due to the simultaneous intake of calcium, phosphate and protein which inhibit its bioavailability.



Iron

Iron forms part of red blood cells carrying oxygen around the body.

There are 2 types of iron in foods:

- Heme iron is more readily absorbable and is usually from animal source.
- Non-heme iron is from vegetable sources and requires vitamin C for absorption.
eg. orange juice

Good Sources

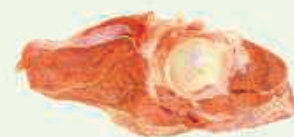
Heme bound iron is found in beef liver, chicken liver, beef, pork, oysters, shrimps and sardines.

Non-heme is available from baked beans, kidney beans, spinach, molasses, prune juice, enriched pasta, bread and rice, lima beans, chick peas, watercress, soya beans, pumpkin seeds, quinoa, lentils and potatoes.

Notes

The following factors will decrease non-heme iron absorption:

- Large amounts of tea or coffee consumed with a meal (the polyphenols bind the iron)
- Excess consumption of high fibre foods or bran supplements which contain phytates can inhibit absorption
- High intake of dairy foods or calcium.



Zinc

Zinc is important in growth, sexual development, immune health, healthy skin, insulin production and as a cofactor in hundreds of enzyme reactions.

Good Sources

Beef, pork, lamb, dark chicken meat, legumes (beans, pulses, peanuts), dairy products, yeast, nuts, seeds and whole grain cereals. Pumpkin seeds provide one of the most concentrated vegetarian food sources of zinc.

Notes

Dietary fibre and phytic acid found in bran, wholegrain cereals, pulses and nuts, inhibit zinc absorption. Cooking processes can reduce this adverse effect. Various chemicals added to many processed foods can also reduce zinc absorption eg. phosphates, EDTA.

Selenium

Part of a protective force guarding the body against free radical damage which can lead to degenerative disease and premature ageing.

Good Sources

Fish, shellfish, red meat, grains, eggs, chicken, liver, garlic, brewer's yeast and wheat germ.

Notes

All foods lose selenium in processing. Vegetable sources are limited in their content and are dependent upon the selenium content of soils in which they are grown.





Vitamin A and Beta Carotene

Helps growth and repair of body tissues including the outer skin and inner mucous membranes protecting the body both inside and out from invasive micro-organisms and other harmful particles. Important in vision and immunity.

Good Sources

Vitamin A is found as retinol in fish liver oil, milk, cheese, butter, eggs and meats.

The provitamin beta carotene can be found in dark leafy vegetables and yellow/orange fruits and vegetables.

Notes

Vitamin A is fat soluble whilst beta carotene is water soluble.



B Vitamins

The B vitamins are required for all cellular functions and include B1, B2, B3, B5, B6, B12, biotin and folic acid.

Good Sources

Generally found in brewer's yeast, liver, whole-grain cereals, and green vegetables. In addition, specific food sources of individual B vitamins are noted here for information.

B1: pork, offal and whole grains. **B2:** tongue, offal, milk, yoghurt, eggs. **B3:** lean meat, poultry, fish, peanuts. **Biotin:** royal jelly, unpolished rice and whole grains, sardines, soybeans, lentils. **Folic acid** green leafy vegetable, oranges, beans, rice.

Notes

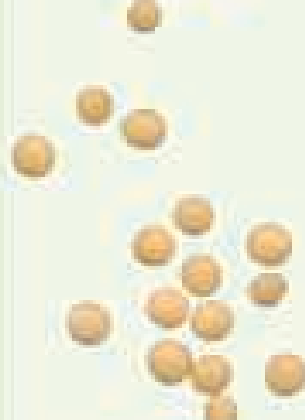
The B vitamins provide the body with energy by helping the body convert carbohydrates to energy. The "friendly" intestinal bacteria provide another important source of these vitamins so a healthy gastrointestinal tract is imperative for overall good health



Vitamin B12

Good Sources

Cheese, ricotta, fortified soy cheese, kidney beans, almonds, green leafy vegetables, molasses, seeds, salmon, fish bones.



Vitamin C

Maintains connective tissues in skin, ligaments and bones, and walls of blood vessels, providing strength and elasticity. It also acts as an anti-oxidant and supports the immune system.

Good Sources

Peppers, watercress, broccoli, fruit, berries, rosehips, cabbage, tomatoes.

Notes

Large amounts of vitamin C are used up in stress.



Vitamin D

Vitamin D is required for healthy bones, the nervous system, heart and blood circulation systems.

Good Sources

Egg yolks, oily fish, liver and milk.

Notes

This is a fat-soluble vitamin. Exposure of the bare skin to gentle sunlight allows the body to make vitamin D. Care needs to be taken to avoid harmful rays.



Vitamin E

Protects cells and organs from free radical damage, supports the function of heart and skeletal muscle, and plays a role in blood clotting.

Good Sources

Cold pressed vegetable oils, all whole raw seeds and nuts, soybeans, wheatgerm oil, whole grains, leafy greens and other vegetables.

Notes

This is a fat soluble vitamin and is an important anti-oxidant.





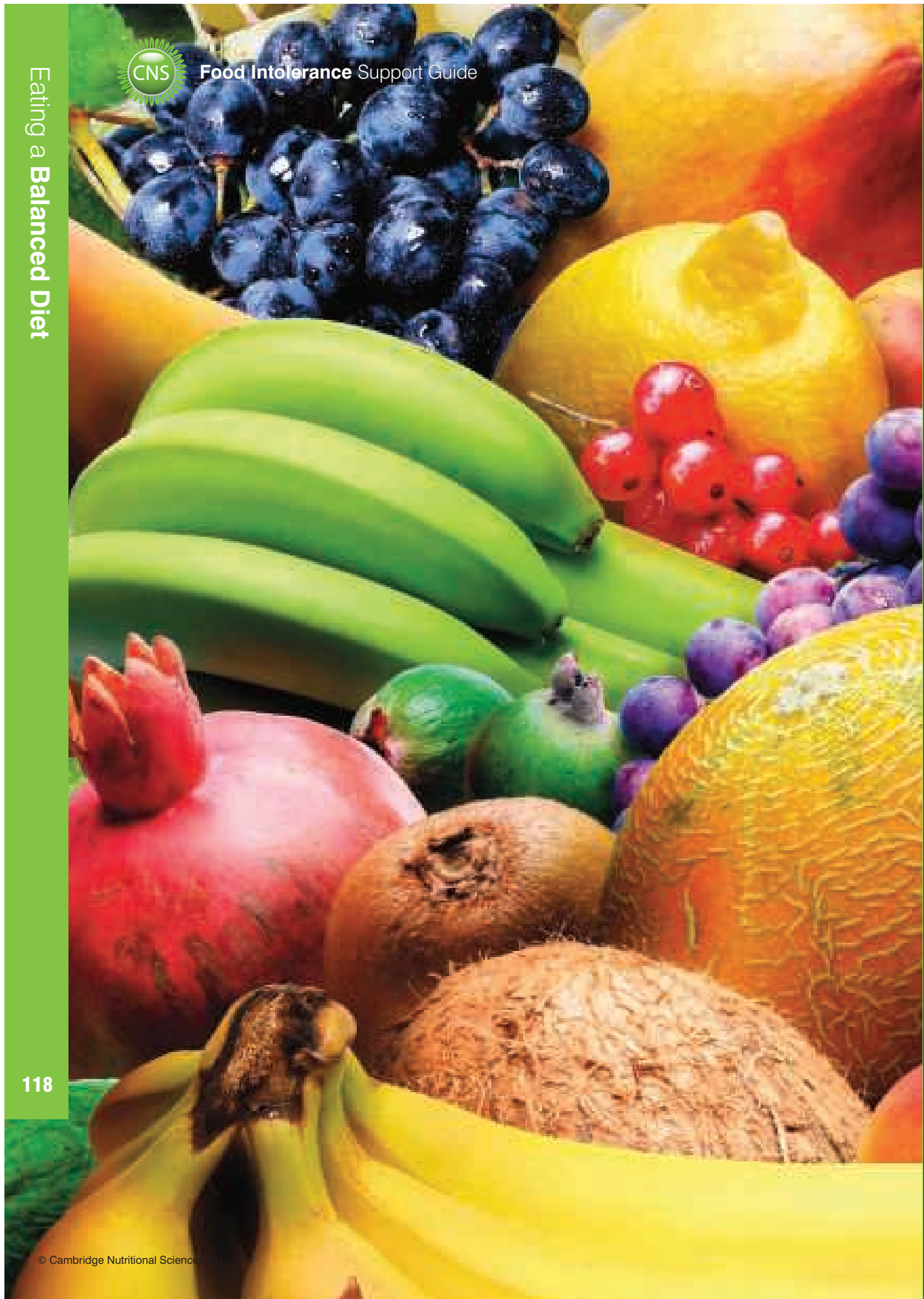
Eating a **Balanced Diet**

It is important to ensure that a diet contains appropriate calories and nutrients to suit the needs of the individual, and is based on a wide variety of food types.

Food Pyramid

The pyramid, shows the typical recommended daily serving from the key food groups.





info

Other useful
information



Monitoring Your **Diet and Symptoms**



You may find it useful to keep a food and symptom diary to monitor your progress.

Record all food and drink that you consume before you change your diet and continue whilst making changes to your diet.

If you record how you feel and note any changes in symptoms, then you may find a pattern emerging with respect to certain foods.

Keep a **Food and Symptom Diary** each week to help you with this.



Re-introducing **Foods**





After at least 3 months, when your symptoms have subsided, you may want to reintroduce some of your reactive foods.

This should be a gradual process. Add one food at a time and monitor your symptoms over a five-day period. If you notice the return of symptoms then you can assume that this food is still a problem and should be avoided for a further month or two.

If you do not experience a return of symptoms, you can continue to include that food in your diet occasionally. You can then add another food to your diet and monitor any reactions over the next 5 days, and so on.

Hints and Tips

- Be patient when introducing foods back into your diet. Do not over-indulge! You may have missed your favourite food but enjoy it only occasionally from now on to prevent any future problems
- Initially re-introduce foods with the lowest antibody reading (found in brackets next to each food in your report). Wait 5 days and observe symptoms before introducing the next food
- Continue to introduce increasingly reactive foods, one at a time again, leaving 5 days between each new food
- If you have been avoiding dairy, start by re-introducing natural bioyoghurt or cottage cheese before cow's milk
- Test cooked egg yolk and white separately as these contain different proteins that you may react to
- When testing a food, ensure it only contains the food you are testing. For example, try a plain slice of bread or toast without butter to be certain you are testing wheat and not dairy



Avoiding new **Food Intolerances**



Avoiding new food intolerances

As you alter your diet and introduce new foods, it is possible you may develop intolerances to these new foods. This usually occurs when a “problem” food is swapped almost exclusively for a different food. So, for example, if your test shows positive for wheat, instead of swapping your toast for porridge every day, vary your breakfasts and alternate porridge with fruit salad and yoghurt or poached eggs on rye bread.

In summary, to avoid new food intolerances:

- **Avoid eating any one food too regularly**
- **Limit each food to every few days**
- **Include a wide variety of foods in your diet to ensure you consume a range of important vitamins and minerals**

Occasionally a food may need to be omitted from your diet indefinitely

If you re-introduce a food and experience further symptoms, avoid this food for another couple of months. If you have tried to re-introduce a particular food on several occasions but continue to experience symptoms, it may be that this food will have to be omitted from your diet indefinitely.

If wheat or gluten produces on-going symptoms, there is a possibility that you may have coeliac disease. Please contact CNS or your GP for further information about testing for this.





Frequently Asked Questions

Q What is the difference between food allergy and food intolerance?

A classic food allergy, such as peanut or shellfish allergy, is usually characterised by an immediate and often severe reaction upon exposure to the offending food. Symptoms include sneezing, rashes, skin irritation, swelling and fatigue. Such allergic reactions usually involve IgE antibodies. Food intolerance tends to be characterised by a delayed onset of symptoms and often involves IgG antibodies. Symptoms may occur several days after eating the offending food, making it difficult to identify the cause.

Q Is it possible that I am affected by foods that do not show up in your IgG food test?

Yes - some foods may cause a classic allergic reaction involving the production of IgE antibodies. These will **not** be detected by any IgG food test. There are also many foods that can cause a reaction in the body without involving the immune system but produce symptoms similar to IgG reactions. For example amines in chocolate, cheese and red wine may cause migraines; some food additives such as tartrazine can cause hives, rashes and asthma; monosodium glutamate in Chinese dishes can produce sweating and dizziness; 'Nightshade' alkaloids in potatoes, tomatoes and peppers may affect the joints. Food intolerance may also be due to a deficiency of a particular enzyme, as in lactose intolerance. You should avoid any foods that you suspect are affecting you adversely.

Q I have been avoiding a food for several months/years; will this affect my test results?

The IgG food intolerance test is based on your immune system producing antibodies in response to you eating certain foods. If you have been avoiding a particular food, your body may be producing insufficient antibodies to be detected by the test. You may therefore show a negative response. To ensure a reliable result, you should include that food in your diet daily for at least 6 weeks before testing. However, if you know that the food concerned causes you extreme symptoms do not re-introduce that food at all.

Q What does U/ml mean?

U/ml stands for Units per millilitre and is a measure of concentration. All positive results on the Food Intolerance Test report are expressed in U/ml to show the concentration of IgG antibodies in the blood.

Q Do I need to visit a nutritionist to discuss these results?

Once you have received your results, we advise you to see nutritional therapist registered with the British Association of Applied Nutrition and Nutritional Therapy (www.bant.org.uk), who will advise you how to eliminate foods from your diet and which foods you should substitute to ensure you are eating a healthy, balanced diet. They may also offer support and encouragement with regular progress checks, as it can be quite a daunting task sticking to a new diet on your own.



Q If cow's milk comes up positive, does that mean that I am lactose intolerant?

No, not necessarily. Lactose intolerance is the inability to digest lactose, the major sugar found in milk, and is caused by a deficiency of the enzyme lactase. Our food intolerance test detects whether your immune system is reacting to proteins within cow's milk but does not detect the lactase enzyme and therefore cannot diagnose lactose intolerance.

Q Is gluten-free the same as wheat-free?

No. A product can be wheat-free but not gluten-free and vice versa. You can buy products that are both gluten-free and wheat-free. It is important to read ingredient labels to be certain.

In this test, the gliadin (gluten) is tested independently of wheat, barley and rye. If you test positive for gliadin, we suggest you avoid these grains (even if they show a negative response on your results) and substitute with naturally gluten-free foods such as quinoa, buckwheat, corn and oats.

Q If I come up positive to wheat, does that mean I have Coeliac Disease?

No. Coeliac disease is an autoimmune disease that results in a severe reaction to gluten, a protein found in wheat, barley and rye. Our wheat extract does not contain gluten and so a positive test result for wheat only indicates an intolerance to wheat proteins, not to gluten.

Q Do I have to be referred by my GP before I have a food intolerance test?

No, you can order from us directly or through your healthcare practitioner.

Q Isn't it dangerous to cut out whole food groups?

You do have to be careful when changing your diet which is why we offer follow-up dietary advice from our qualified nutritionists to anyone who has taken our tests.

Q Are these tests suitable for children?

We do not recommend testing children under two years of age.

Q Do I need to have a re-test after a few months?

Most people do not need to have a re-test, but if you would like another test we usually advise a period of 12 months in between tests. If your symptoms have improved and you have been able to successfully re-introduce the foods, then a re-test is unnecessary.



Testimonials

James... eczema

James, 31, has suffered from eczema for as long as he can remember. A food intolerance test showed that he had a reaction to cow's milk, egg white and also grains and yeast.

James reduced all these foods and noticed an immediate improvement, ***'...the difference in my eczema was awesome. Eliminating a major cause of my eczema after nearly three decades of suffering has been fantastic'.***

Sean... tiredness and lethargy

Second year business studies undergraduate, Sean, was becoming increasingly concerned about his complete lack of energy; he felt constantly drained, was always tired even after a good night's sleep and was finding it virtually impossible to stay motivated at university.

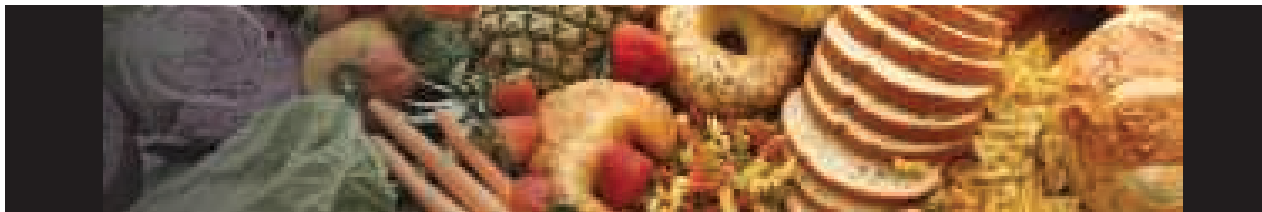
Sean discovered that food intolerances may be the answer and had a test with CNS. Immediately, after excluding the reactive foods, he noticed a significant change. His father recalls ***'...the change in Sean was virtually instantaneous. He suddenly had lots of energy and seemed much more alert'.***

Sandra... irritable bowel syndrome (IBS)

Sandra was on the verge of giving up her career as an air hostess because of agonising bouts of IBS, but a food intolerance test solved her problems within days. 'My IBS symptoms started after suffering two bouts of serious food poisoning. I had attacks of crippling stomach pains, chronic diarrhoea and fatigue that would last for days'. A food intolerance test revealed intolerances to wheat, apples, rice, nuts and eggs. 'After cutting out those foods I began to feel better within days. I got all my energy back and could eat at work without having to worry about rushing to the loo... ***'I would recommend anyone with IBS to check for food intolerances – it could change your life like it has mine.'***

Jayne... headaches

Mum, Jayne, a part-time hair-dresser, had been told that her persistent headaches were due to hormonal changes after having her daughter. However, after having a test with CNS and cutting out the elevated foods, she has not suffered from any headaches during the last 5 months. Jayne feels much healthier and has already recommended the test to a friend... ***'from start to finish I found CNS to be very efficient and helpful'.***



Glossary and Abbreviations

Antibody

(Immunoglobulin)

A protein produced by the body's immune system that helps fight infections; Produced in response to foreign substances entering the body

BORDERLINE reading

Indicates a moderate antibody (IgG) reaction to a particular food. Read **Interpreting your Results**

Coeliac Disease

Coeliac disease is not an allergy but an autoimmune condition in which the body produces antibodies that attack its own tissues, specifically the lining of the small intestine. For those with coeliac disease, this attack is triggered by gluten, a protein found in wheat, rye and barley. Some people with coeliac disease also react to oats. The diagnosis is confirmed by a biopsy of the gut wall

dsp

Dessert spoon

Dysbiosis

An altered microbial balance in the gut which often results in poor health

ELEVATED reading

Indicates a strong antibody (IgG) reaction to a particular food. Read **Interpreting your Results**

Food Allergy

A usually rapid and severe immunological reaction to a food, involving IgE antibodies

Food Intolerance

An adverse, often delayed reaction to certain foods. May be mediated by the immune system and IgG antibodies

Food Rotation

Limiting consumption of a particular food and including it in the diet only once every 4-5 days

g

Gram - a metric unit of mass

Gluten intolerance

Intolerance to gluten, a protein group found in wheat and other grains that helps form the structure of bread dough. Glutenin and gliadin are the two proteins that form gluten in wheat

IBS

Irritable Bowel Syndrome, or IBS, is the term covering a range of uncomfortable digestive symptoms, including bloating, constipation, diarrhoea, wind and stomach

cramps and affects a large percentage of the population. Research has shown that detection of IgG antibodies may be useful in the dietary management of IBS

IgG

Immunoglobulin G – a particular class of antibody

Immunoglobulin

Abbreviated to Ig and another term for antibody. There are five classes of immunoglobulin and include IgG, IgE, IgM, IgA and IgD

ml

Millilitre, a metric unit of volume

NORMAL reading

Indicates no significant antibody (IgG) reaction to a particular food. Read **Interpreting Your Results**.

Reactive Food

A food that has produced an immune response, indicated by a BORDERLINE or ELEVATED reading

tbs

Tablespoon

tsp

Teaspoon



Useful Contacts

Cambridge Nutritional Sciences

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Allergy UK

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www.allergyuk.org

Coeliac UK

3rd Floor
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High Wycombe
Bucks
HP11 2QW
Helpline: 0845 305 2060
www.coeliac.org.uk

CORE – The Digestive Disorders Foundation

3 St Andrews Place
London
NW1 4LB
www.corecharity.org.uk

BANT

British Association
for Applied Nutrition
and Nutritional Therapy
27 Old Gloucester Street
London
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Tel 08706 061284
www.bant.org.uk

National Candida Society

PO Box 151
Orpington
Kent
BR5 1UJ
Tel 01689 813039
www.candida-society.org

The Gut Trust

Unit 5
53 Mowbray Street
Sheffield
S3 8EN
Helpline 0872 3004537
www.theguttrust.org
info@theguttrust.org

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www.camnutri.com

Company	Web-site	Dairy	Wheat	Gluten	Egg	Yeast	Soya
Alpro / Provamel	www.alprosoya.com	✓	✓	✓	✓		
American Muffin Company Ltd	www.americanmuffin.com	✓	✓	✓			
Anila's	www.anilasauces.com	✓	✓	✓	✓		
ASDA	www.asda.co.uk	✓	✓	✓	✓	✓	✓
Barkat	www.glutenfree-foods.co.uk	✓	✓	✓	✓	✓	✓
Battle Bakehouse	www.battlebakehouse.com	✓	✓				
BiaNua	www.bianua.com						
Dietary Specialists	www.dietaryspecials.co.uk	✓	✓				
Fayre Free	www.fayrefree.com	✓	✓				
General Dietary Ltd	www.ener-g.com	✓	✓	✓	✓		
Genius Gluten free	www.geniusglutenfree.com	✓	✓				
Gluten Free Food Direct	www.gffdirect.co.uk	✓	✓	✓	✓	✓	
Gluten-free Shop	www.gluten-freeshop.co.uk						
Glebe Farm	www.glebe-flour.co.uk	✓	✓	✓	✓		
Glutafin	www.glutafin.co.uk	✓		✓			
The Gluten Free Kitchen	www.glutenfreefood.info	✓	✓	✓		✓	
Goodness Direct	www.goodnessdirect.co.uk 0871 8716611	✓	✓	✓	✓		✓
Hale & Hearty	www.haleandhearty.com	✓	✓	✓	✓		
The Healthy Cake Company	www.healthycakecompany.co.uk						
The Heavenly Cake Company	www.theheavenlycakecompany.co.uk	✓	✓	✓	✓	✓	
Humdinger Foods	www.humdinger-foods.co.uk	✓	✓	✓	✓		
Iced Gem Cakes	www.icedgemcakes.co.uk	✓	✓	✓	✓		
Johnson's Dietary Provision	0800 688 8969	✓	✓	✓	✓	✓	
JUELA	www.juela.co.uk	✓	✓	✓			
Kara Dairy Free	www.karadairyfree.com	✓	✓	✓			
Kelkin	www.kelkin.co.uk	✓	✓	✓			
Marks & Spencer	www.marksandspencer.com	✓	✓	✓	✓	✓	✓
Mrs Crimbles	www.mrscrimbles.com	✓	✓	✓			
Oatly	www.oatly.com		✓	✓	✓		
Oat Supreme	www.first-foods.com	✓	✓				
Orgran	www.orgran.com	✓	✓	✓	✓	✓	
PGR Healthfoods	www.pgrhealthfoods.co.uk	✓	✓	✓			
Pure	www.puredairyfree.co.uk		✓	✓			
Rice dream	www.imaginefoods.com	✓					
Sainsbury's	www.sainsburys.co.uk/freefrom	✓	✓	✓	✓	✓	✓
Sauces of Choice	www.saucesofchoice.co.uk	✓		✓	✓		
So Good	www.sogood.co.uk	✓					
Tesco	www.tesco.com	✓	✓	✓	✓	✓	✓
Trufree	www.trufree.co.uk	✓	✓	✓			
Village Bakery	www.villagebakery.com	✓	✓	✓	✓	✓	
Waitrose	www.waitrose.com	✓	✓	✓	✓	✓	✓
Wheat and Dairy free	www.wheatanddairyfree.com	✓	✓	✓			



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